



Florida Spritzer

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



96 kcal

BEVERAGE

DRINK

Ingredients

- 1 stick cinnamon (2-inch)
- 4 servings ginger ale
- 1.5 cups ruby grapefruit juice red
- 4 servings ice cubes crushed
- 4 servings garnishes: grapefruit rind
- 0.3 cup sugar

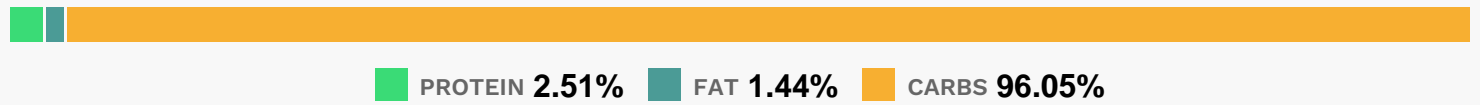
Equipment

- sauce pan

Directions

- Combine first 3 ingredients in a saucepan. Bring to a boil over medium-high heat. Reduce heat, and simmer, uncovered, for 5 minutes. Discard cinnamon stick. Chill grapefruit mixture in refrigerator.
- Fill 4 (8-ounce) glasses with ice; add 1/3 cup grapefruit mixture to each. Fill glasses with ginger ale; stir gently.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:47.77, Glycemic Load:13.49, Inflammation Score:-1, Nutrition Score:3.5917390918602%

Nutrients (% of daily need)

Calories: 96.28kcal (4.81%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 24.68g (8.23%), Net Carbohydrates: 23.06g (8.39%), Sugar: 22.36g (24.85%), Cholesterol: 0mg (0%), Sodium: 2.3mg (0.1%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.65g (1.29%), Vitamin C: 23.92mg (28.99%), Manganese: 0.5mg (25.14%), Fiber: 1.62g (6.46%), Potassium: 156.02mg (4.46%), Calcium: 36.07mg (3.61%), Iron: 0.6mg (3.34%), Magnesium: 10.6mg (2.65%), Vitamin B3: 0.3mg (1.52%), Phosphorus: 11.57mg (1.16%)