



Fresh Grapefruit-Campari Cocktails

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



7

CALORIES



205 kcal

BEVERAGE

DRINK

Ingredients

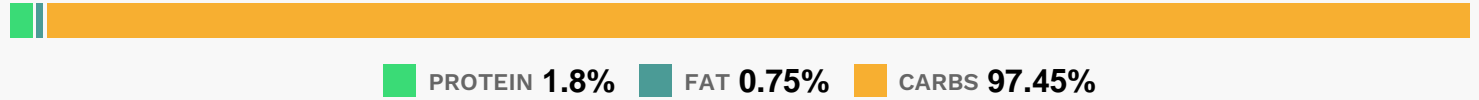
- 3 cups grapefruit juice fresh (from 4 grapefruits)
- 2 cups seltzer water
- 1 cup campari
- 0.5 cup simple syrup glaze for campari cocktails
- 1 serving ice cubes
- 3 inch pretzel twists

Equipment

Directions

- Combine grapefruit juice, club soda, Campari, and simple syrup in a large pitcher.
- Pour into ice-filled glasses, and garnish each with a twist.

Nutrition Facts



Properties

Glycemic Index:18.71, Glycemic Load:6.04, Inflammation Score:-2, Nutrition Score:2.7443477532462%

Nutrients (% of daily need)

Calories: 205.48kcal (10.27%), Fat: 0.13g (0.2%), Saturated Fat: 0g (0.03%), Carbohydrates: 38.81g (12.94%), Net Carbohydrates: 38.67g (14.06%), Sugar: 28.77g (31.97%), Cholesterol: 0mg (0%), Sodium: 44.08mg (1.92%), Alcohol: 7.65g (100%), Alcohol %: 4.12% (100%), Protein: 0.72g (1.43%), Vitamin C: 27.23mg (33.01%), Iron: 1.33mg (7.38%), Potassium: 182.8mg (5.22%), Magnesium: 13.59mg (3.4%), Vitamin B1: 0.04mg (2.39%), Vitamin B3: 0.38mg (1.92%), Calcium: 15.13mg (1.51%), Zinc: 0.23mg (1.51%), Phosphorus: 14.44mg (1.44%), Vitamin B2: 0.02mg (1.06%), Vitamin B5: 0.1mg (1.05%)