



Frozen Cranberry-Moonshine Lemonade



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



95 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 cup cranberries
- ☐ 12 oz lemonade concentrate frozen canned
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons orange liqueur
- ☐ 0.3 cup roasted cranberry sauce

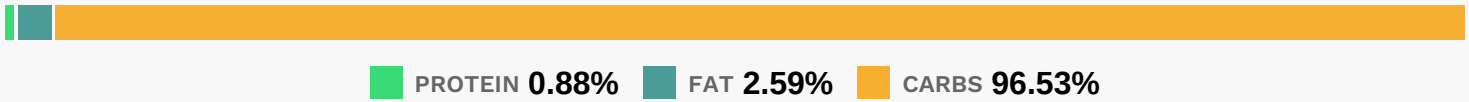
Equipment

- ☐ blender

Directions

- ☐ Combine 1 (12-oz.) can frozen lemonade concentrate, 3/4 cup sweet-and-spicy moonshine or Cranberry-Infused Moonshine, 1/3 cup whole-berry cranberry sauce, 2 Tbsp. orange liqueur, and 2 Tbsp. fresh lime juice in a blender. Fill with ice to 5-cup level; process until smooth.
- ☐ Note: We tested with Catdaddy Carolina Moonshine and Triple Sec orange liqueur.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:0.93695652808832%

Flavonoids

Cyanidin: 3.49mg, Cyanidin: 3.49mg, Cyanidin: 3.49mg, Cyanidin: 3.49mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 3.69mg, Peonidin: 3.69mg, Peonidin: 3.69mg, Peonidin: 3.69mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 94.96kcal (4.75%), Fat: 0.27g (0.42%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 22.86g (7.62%), Net Carbohydrates: 22.38g (8.14%), Sugar: 19.44g (21.6%), Cholesterol: 0mg (0%), Sodium: 3.3mg (0.14%), Alcohol: 0.78g (100%), Alcohol %: 1.74% (100%), Protein: 0.21g (0.42%), Vitamin C: 6.5mg (7.88%), Fiber: 0.49g (1.95%), Manganese: 0.04mg (1.9%), Vitamin E: 0.22mg (1.49%), Potassium: 37.52mg (1.07%)