

Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



197 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

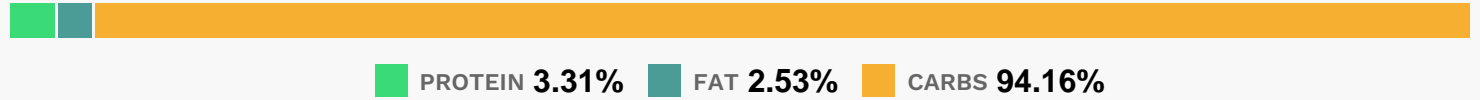
- 1 fluid ounce seltzer water
- 1 fluid ounce 1/4 cup dried cranberry (juice sweetened if possible)
- 1 tablespoon juice of lemon fresh
- 1 teaspoon juice of lime
- 1 fluid ounce orange juice
- 4 fluid ounces pineapple juice
- 1.5 fluid ounce vodka

Equipment

Directions

- Fill a tall glass with ice cubes.
- Pour in the vodka, pineapple juice, cranberry juice, a splash of orange juice and a splash of carbonated water.
- Add a quick squeeze of fresh lemon and lime. Stir and garnish with wedges of lemon and lime.

Nutrition Facts



Properties

Glycemic Index:169, Glycemic Load:10.47, Inflammation Score:-4, Nutrition Score:6.0747826216014%

Flavonoids

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 6.15mg, Hesperetin: 6.15mg, Hesperetin: 6.15mg, Hesperetin: 6.15mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 196.61kcal (9.83%), Fat: 0.28g (0.43%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 23.36g (7.79%), Net Carbohydrates: 22.97g (8.35%), Sugar: 18.33g (20.37%), Cholesterol: 0mg (0%), Sodium: 10.16mg (0.44%), Alcohol: 14.81g (100%), Alcohol %: 6.92% (100%), Protein: 0.82g (1.64%), Vitamin C: 36.67mg (44.45%), Manganese: 0.6mg (30.16%), Folate: 33.96µg (8.49%), Vitamin B6: 0.15mg (7.71%), Potassium: 258.01mg (7.37%), Vitamin B1: 0.1mg (7%), Copper: 0.12mg (6.04%), Magnesium: 20.82mg (5.2%), Iron: 0.52mg (2.91%), Vitamin E: 0.42mg (2.83%), Vitamin B2: 0.05mg (2.66%), Calcium: 24.07mg (2.41%), Phosphorus: 22.45mg (2.25%), Vitamin B3: 0.4mg (2.01%), Vitamin K: 1.92µg (1.83%), Vitamin A: 81.76IU (1.64%), Fiber: 0.39g (1.56%), Vitamin B5: 0.15mg (1.48%), Zinc: 0.22mg (1.44%)