



Fruit Spritzer



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



200 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 16 ounce ginger ale chilled
- ☐ 0.5 cup key lime juice
- ☐ 3 cups orange juice
- ☐ 2 tablespoons powdered sugar
- ☐ 1 cup raspberries frozen
- ☐ 1 cup vodka

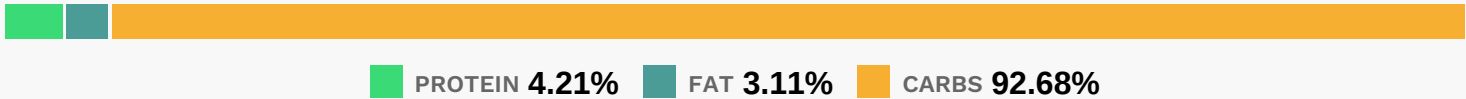
Equipment

- ☐ blender

Directions

- ☐ Process first 5 ingredients in a blender until smooth.
- ☐ Pour mixture into a large pitcher; stir in ginger ale. Chill and serve over ice.
- ☐ *Substitute 1 cup each of orange juice and ginger ale for 1 cup vodka.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:11.03, Inflammation Score:-6, Nutrition Score:7.5365216110064%

Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg Hesperetin: 16.63mg, Hesperetin: 16.63mg, Hesperetin: 16.63mg, Hesperetin: 16.63mg Naringenin: 2.73mg, Naringenin: 2.73mg, Naringenin: 2.73mg, Naringenin: 2.73mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 199.72kcal (9.99%), Fat: 0.39g (0.6%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 26.26g (8.75%), Net Carbohydrates: 24.63g (8.96%), Sugar: 20.98g (23.31%), Cholesterol: 0mg (0%), Sodium: 7.59mg (0.33%), Alcohol: 13.36g (100%), Alcohol %: 6% (100%), Protein: 1.19g (2.39%), Vitamin C: 73.29mg (88.84%), Folate: 43.42µg (10.85%), Potassium: 303mg (8.66%), Vitamin B1: 0.13mg (8.34%), Manganese: 0.16mg (8.25%), Fiber: 1.63g (6.51%), Vitamin A: 264.68IU (5.29%), Magnesium: 20.41mg (5.1%), Copper: 0.1mg (4.79%), Vitamin B6: 0.07mg (3.41%), Vitamin B5: 0.33mg (3.26%), Vitamin B3: 0.64mg (3.22%), Phosphorus: 31.7mg (3.17%), Iron: 0.55mg (3.03%), Vitamin B2: 0.05mg (3.01%), Calcium: 23.76mg (2.38%), Vitamin E: 0.27mg (1.79%), Vitamin K: 1.8µg (1.72%), Zinc: 0.2mg (1.33%)