



Ginger Beer Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

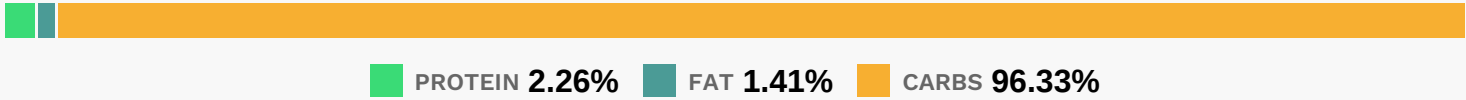
- ☐ 1 medium cucumber thin
- ☐ 46 ounce prepare as
- ☐ 1 medium cranberry-orange relish cut into thin wedges
- ☐ 0.8 cup orange juice
- ☐ 1 medium delicious apple red cut into thin wedges

Equipment

Directions

- ☐ Combine all ingredients in large pitcher; stir well.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:12.78, Glycemic Load:5.88, Inflammation Score:-1, Nutrition Score:1.5139130282661%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 1.5mg, Naringenin: 1.5mg, Naringenin: 1.5mg, Naringenin: 1.5mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 44.21kcal (2.21%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 10.58g (3.85%), Sugar: 10.35g (11.5%), Cholesterol: 0mg (0%), Sodium: 6.19mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Vitamin C: 11.09mg (13.45%), Fiber: 0.58g (2.32%), Folate: 8.04µg (2.01%), Potassium: 68.14mg (1.95%), Copper: 0.04mg (1.77%), Vitamin B1: 0.02mg (1.56%), Manganese: 0.03mg (1.37%), Magnesium: 4.99mg (1.25%), Iron: 0.22mg (1.22%), Vitamin A: 56.86IU (1.14%), Vitamin K: 1.17µg (1.11%), Vitamin B6: 0.02mg (1.03%)