



Grapefruit-White Wine Spritzers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



11

CALORIES



153 kcal

BEVERAGE

DRINK

Ingredients

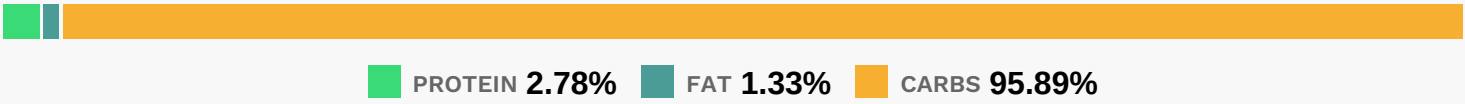
- ☐ 750 milliliter fetzer sundial chardonnay
- ☐ 2 cups club soda chilled
- ☐ 1 pink grapefruit thinly sliced
- ☐ 4 cups pink grapefruit juice cocktail chilled
- ☐ 0.7 cup sugar

Equipment

Directions

- ☐ Stir together first 3 ingredients until sugar dissolves; add grapefruit. Stir in club soda just before serving.
- ☐ Pour over ice, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.37, Glycemic Load:13.74, Inflammation Score:-5, Nutrition Score:3.4286955957827%

Flavonoids

Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 7.6mg, Naringenin: 7.6mg, Naringenin: 7.6mg, Naringenin: 7.6mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 153.05kcal (7.65%), Fat: 0.16g (0.24%), Saturated Fat: 0g (0.03%), Carbohydrates: 25.56g (8.52%), Net Carbohydrates: 25.1g (9.13%), Sugar: 23.79g (26.44%), Cholesterol: 0mg (0%), Sodium: 14.27mg (0.62%), Alcohol: 7.28g (100%), Alcohol %: 3.97% (100%), Protein: 0.74g (1.48%), Vitamin C: 30.35mg (36.78%), Potassium: 219.84mg (6.28%), Vitamin A: 273.64IU (5.47%), Magnesium: 17.91mg (4.48%), Manganese: 0.09mg (4.28%), Iron: 0.56mg (3.09%), Phosphorus: 25.87mg (2.59%), Vitamin B6: 0.05mg (2.32%), Calcium: 20.38mg (2.04%), Vitamin B3: 0.38mg (1.89%), Fiber: 0.46g (1.83%), Vitamin B5: 0.18mg (1.77%), Zinc: 0.23mg (1.52%), Folate: 5.42µg (1.36%), Vitamin B2: 0.02mg (1.16%)