



Happy Elf



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



308 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

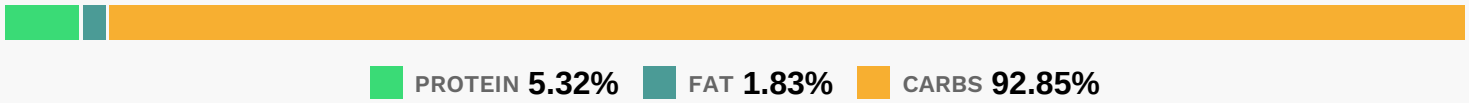
- ☐ 1 serving cherries
- ☐ 1 ounce 1/4 cup dried cranberry (juice sweetened if possible) white
- ☐ 1 ounce melon liqueur
- ☐ 2 ounces citrus vodka

Equipment

Directions

- ☐
- Combine melon liqueur, citrus vodka, and white cranberry juice in an ice-filled shaker. Shake vigorously, and strain into a cocktail glass.
- ☐
- Add cherries.

Nutrition Facts



Properties

Glycemic Index:93, Glycemic Load:6.2, Inflammation Score:-5, Nutrition Score:3.7204348046495%

Flavonoids

Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 307.91kcal (15.4%), Fat: 0.32g (0.49%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 36.26g (12.09%), Net Carbohydrates: 33.29g (12.11%), Sugar: 31.66g (35.18%), Cholesterol: 0mg (0%), Sodium: 1.13mg (0.05%), Alcohol: 23.67g (100%), Alcohol %: 11.84% (100%), Protein: 2.08g (4.15%), Vitamin C: 12.44mg (15.07%), Fiber: 2.97g (11.87%), Potassium: 333.2mg (9.52%), Copper: 0.11mg (5.26%), Manganese: 0.1mg (4.9%), Magnesium: 17.1mg (4.28%), Vitamin K: 4.39µg (4.18%), Vitamin B6: 0.08mg (4.17%), Phosphorus: 35.92mg (3.59%), Vitamin B2: 0.06mg (3.25%), Iron: 0.58mg (3.23%), Vitamin E: 0.44mg (2.92%), Vitamin B1: 0.04mg (2.88%), Vitamin B5: 0.28mg (2.79%), Vitamin A: 102.36IU (2.05%), Calcium: 20.47mg (2.05%), Folate: 5.88µg (1.47%), Vitamin B3: 0.24mg (1.21%)