



Holiday Cosmopolitan



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



159 kcal

BEVERAGE

DRINK

Ingredients



1 tablespoon cranberries



1 serving ice cubes



1.5 teaspoons juice of lemon fresh



1 serving lemon zest



1 tablespoon orange liqueur (such as Triple Sec)



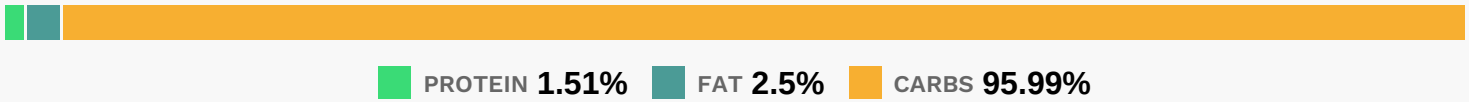
3 tablespoons vodka

Equipment

Directions

- ☐ Stir together vodka, orange liqueur, Cranberry Reduction, and fresh lemon juice in a cocktail shaker filled with ice cubes. Cover with lid, and shake vigorously until thoroughly chilled (about 30 seconds). Strain mixture into a chilled coupe or martini glass.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:0.90304348164279%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 7.27mg, Peonidin: 7.27mg, Peonidin: 7.27mg, Peonidin: 7.27mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 158.7kcal (7.93%), Fat: 0.08g (0.13%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 6.58g (2.39%), Sugar: 5.66g (6.29%), Cholesterol: 0mg (0%), Sodium: 4.83mg (0.21%), Alcohol: 18.93g (100%), Alcohol %: 17.32% (100%), Caffeine: 3.9mg (1.3%), Protein: 0.11g (0.22%), Vitamin C: 5.23mg (6.34%), Manganese: 0.06mg (2.83%), Fiber: 0.58g (2.3%), Copper: 0.03mg (1.46%), Vitamin E: 0.21mg (1.38%)