



Italian Raspberry Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



2

CALORIES



283 kcal

BEVERAGE

DRINK

Ingredients



0.3 cup campari



0.7 cup seltzer water cold



1 slices cucumber



2 tablespoons juice of lemon



2 tablespoons orange juice



2 servings raspberries



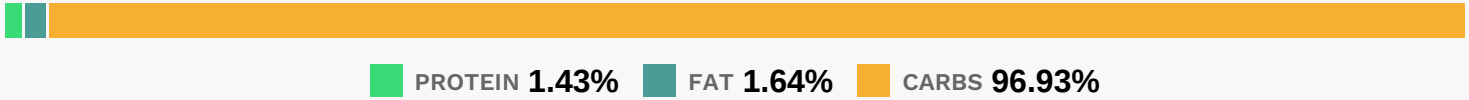
6 tablespoons simple syrup glaze

Equipment

Directions

- ☐ Combine Campari, syrup, and lemon and orange juices in a small pitcher. Divide between 2 small ice-filled glasses.
- ☐ Add 1/3 cup club soda to each and stir.
- ☐ Garnish glasses with raspberries and cucumber slices.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:1.75, Inflammation Score:-4, Nutrition Score:6.3730434516202%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 4.2mg, Hesperetin: 4.2mg, Hesperetin: 4.2mg, Hesperetin: 4.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 282.73kcal (14.14%), Fat: 0.47g (0.72%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 61.87g (20.62%), Net Carbohydrates: 57.86g (21.04%), Sugar: 48.43g (53.81%), Cholesterol: 0mg (0%), Sodium: 52.35mg (2.28%), Alcohol: 6.7g (100%), Alcohol %: 3.22% (100%), Protein: 0.91g (1.82%), Vitamin C: 30.14mg (36.53%), Manganese: 0.41mg (20.48%), Fiber: 4g (16.01%), Iron: 2.64mg (14.64%), Vitamin B1: 0.12mg (7.81%), Magnesium: 23.18mg (5.79%), Folate: 21.19µg (5.3%), Potassium: 184.19mg (5.26%), Vitamin K: 4.95µg (4.71%), Copper: 0.08mg (4.15%), Vitamin B2: 0.07mg (3.94%), Vitamin E: 0.55mg (3.68%), Zinc: 0.47mg (3.11%), Calcium: 30mg (3%), Phosphorus: 27.02mg (2.7%), Vitamin B5: 0.26mg (2.58%), Vitamin B3: 0.5mg (2.51%), Vitamin B6: 0.05mg (2.42%), Vitamin A: 57.22IU (1.14%)