

Juice Cooler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



87 kcal

BEVERAGE

DRINK

Ingredients

- 1 fluid ounce seltzer water
- 6 fluid ounces 1/4 cup dried cranberry (juice sweetened if possible)
- 1 lime wedges

Equipment

Directions

- Pour juice and carbonated water over ice.

Garnish with a wedge of lime.

Nutrition Facts

 PROTEIN **3.28%**  FAT **2.4%**  CARBS **94.32%**

Properties

Glycemic Index:88, Glycemic Load:12.47, Inflammation Score:-2, Nutrition Score:3.8069565620111%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 87.01kcal (4.35%), Fat: 0.27g (0.41%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 22.85g (8.31%), Sugar: 21.77g (24.19%), Cholesterol: 0mg (0%), Sodium: 10.12mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin C: 21.74mg (26.35%), Vitamin E: 2.17mg (14.46%), Vitamin K: 9.16µg (8.72%), Copper: 0.11mg (5.55%), Vitamin B6: 0.1mg (5%), Potassium: 155.56mg (4.44%), Iron: 0.55mg (3.08%), Magnesium: 12.02mg (3.01%), Fiber: 0.68g (2.73%), Phosphorus: 26.3mg (2.63%), Calcium: 21.61mg (2.16%), Vitamin B2: 0.04mg (2.09%), Vitamin A: 88.84IU (1.78%), Zinc: 0.23mg (1.51%), Vitamin B1: 0.02mg (1.42%)