

## Marie's Summer Marvel



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1 min.

SERVINGS



1

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 fluid ounce 1/4 cup dried cranberry (juice sweetened if possible)
- 2 fluid ounces pink lemonade kool-aid
- 1 lime sliced
- 0.3 fluid ounce juice of lime
- 1.5 fluid ounce vodka

### Equipment

## Directions

- Rub rim of cocktail glass with a slice fresh lime and drop lime into glass.
- In a cocktail shaker full of ice combine vodka, lemonade, a splash of lime juice and a splash of cranberry juice. Shake vigorously for 10 seconds and pour into cocktail glass.

## Nutrition Facts



## Properties

Glycemic Index:167.5, Glycemic Load:7.49, Inflammation Score:-3, Nutrition Score:2.7630434684131%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 29.47mg, Hesperetin: 29.47mg, Hesperetin: 29.47mg, Hesperetin: 29.47mg Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 161.21kcal (8.06%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 16.96g (5.65%), Net Carbohydrates: 15.04g (5.47%), Sugar: 10.04g (11.16%), Cholesterol: 0mg (0%), Sodium: 5.98mg (0.26%), Alcohol: 14.81g (100%), Alcohol %: 9.75% (100%), Protein: 0.56g (1.12%), Vitamin C: 23.09mg (27.99%), Fiber: 1.92g (7.68%), Copper: 0.06mg (2.91%), Potassium: 88.82mg (2.54%), Iron: 0.45mg (2.5%), Calcium: 24.33mg (2.43%), Vitamin E: 0.34mg (2.27%), Vitamin B6: 0.04mg (1.97%), Phosphorus: 17.23mg (1.72%), Vitamin B1: 0.03mg (1.7%), Folate: 6.25µg (1.56%), Vitamin B5: 0.15mg (1.54%), Magnesium: 5.5mg (1.37%), Vitamin B2: 0.02mg (1.19%), Vitamin K: 1.2µg (1.14%)