



## Mixed Citrus Spritzer

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



154 kcal

BEVERAGE

DRINK

### Ingredients

- 0.3 cup agave nectar
- 1 grapefruit juiced
- 2 juice of lemon juiced
- 2 juice of orange juiced
- 1 slices cranberry-orange relish for garnish
- 4 4 mandarins or clementines juiced
- 3 cups seltzer water chilled
- 0.3 cup water

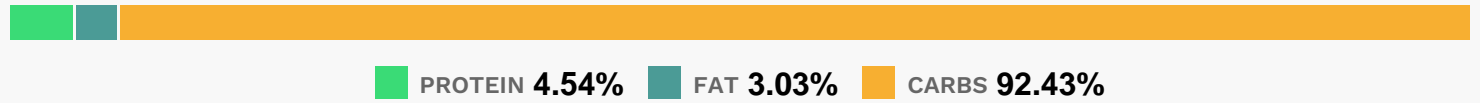
## Equipment

- frying pan
- sauce pan

## Directions

- Watch how to make this recipe.
- For the simple syrup: In a small saucepan, bring the water and agave to a boil over medium-high heat.
- Remove the pan from the heat and let cool.
- Combine the citrus juices and sparkling water in a pitcher.
- Add the simple syrup and mix well.
- Pour into ice-filled glasses and garnish with orange slices.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:7.29, Inflammation Score:-8, Nutrition Score:10.744782554067%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 24.71mg, Hesperetin: 24.71mg, Hesperetin: 24.71mg, Hesperetin: 24.71mg Naringenin: 34.91mg, Naringenin: 34.91mg, Naringenin: 34.91mg, Naringenin: 34.91mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 153.88kcal (7.69%), Fat: 0.57g (0.87%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 38.9g (12.97%), Net Carbohydrates: 34.68g (12.61%), Sugar: 29.44g (32.71%), Cholesterol: 0mg (0%), Sodium: 41.17mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin C: 93.04mg (112.78%), Vitamin A: 1510.78IU (30.22%), Fiber: 4.22g (16.9%), Folate: 53.37µg (13.34%), Potassium: 368.64mg (10.53%), Vitamin B6: 0.2mg (9.86%), Vitamin B1: 0.15mg (9.78%), Calcium: 87.19mg (8.72%), Magnesium: 27.01mg (6.75%), Vitamin B2: 0.11mg (6.6%), Vitamin B5: 0.56mg (5.61%), Copper: 0.1mg (5.07%), Phosphorus: 46.61mg (4.66%), Vitamin B3: 0.87mg

(4.34%), Manganese: 0.07mg (3.65%), Vitamin E: 0.52mg (3.48%), Vitamin K: 3.09µg (2.95%), Zinc: 0.35mg (2.34%), Iron: 0.32mg (1.76%)