



Mock Sparkling Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 12 oz cranberry juice cocktail concentrate frozen thawed canned
- ☐ 1.5 cups water cold
- ☐ 0.5 cup orange juice
- ☐ 1 tablespoon juice of lemon
- ☐ 24 oz seltzer water chilled
- ☐ 1 cranberry-orange relish thinly sliced

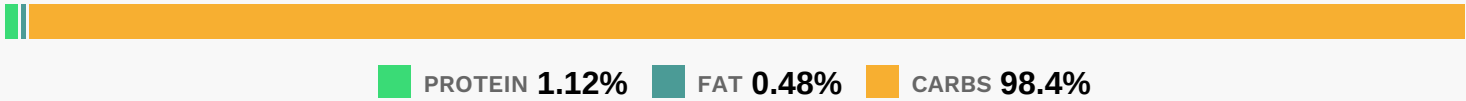
Equipment

- ☐ bowl

Directions

- ☐ In large nonmetal pitcher or bowl, combine cranberry juice concentrate, water, orange juice and lemon juice; blend well. Refrigerate 1 hour or until thoroughly chilled.
- ☐ To serve, gently stir in club soda and orange slices.

Nutrition Facts



Properties

Glycemic Index:11.81, Glycemic Load:1.48, Inflammation Score:-2, Nutrition Score:3.225652107483%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 6.59mg, Hesperetin: 6.59mg, Hesperetin: 6.59mg Naringenin: 2.87mg, Naringenin: 2.87mg, Naringenin: 2.87mg, Naringenin: 2.87mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 100.56kcal (5.03%), Fat: 0.06g (0.08%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 25.55g (8.52%), Net Carbohydrates: 25.04g (9.1%), Sugar: 20.95g (23.28%), Cholesterol: 0mg (0%), Sodium: 21.95mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Vitamin C: 36.66mg (44.44%), Manganese: 0.07mg (3.34%), Vitamin B5: 0.28mg (2.8%), Vitamin B1: 0.04mg (2.56%), Folate: 9.94µg (2.48%), Potassium: 85.11mg (2.43%), Fiber: 0.51g (2.06%), Vitamin B6: 0.04mg (1.89%), Calcium: 18.63mg (1.86%), Copper: 0.04mg (1.76%), Magnesium: 6.88mg (1.72%), Vitamin A: 82.41IU (1.65%), Vitamin B2: 0.03mg (1.48%), Iron: 0.19mg (1.03%)