



Motion by the Ocean

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



289 kcal

BEVERAGE

DRINK

Ingredients

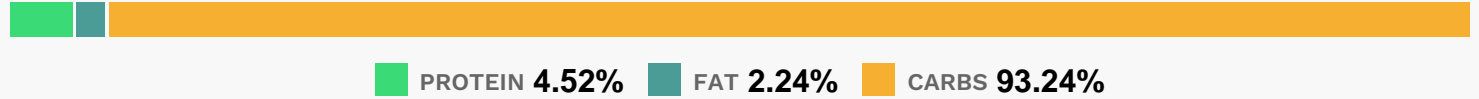
- 2 fluid ounces 1/4 cup dried cranberry (juice sweetened if possible)
- 0.5 fluid ounce creme de cassis liqueur
- 2 maraschino cherries
- 1 cranberry-orange relish
- 2 fluid ounces orange juice
- 1.5 fluid ounce jigger vodka

Equipment

Directions

□ Pour the vodka, peach schnapps, creme de cassis, orange juice, and cranberry juice into a cocktail shaker over ice. Cover, and shake until the outside of the shaker has frosted. Strain into a chilled martini glass, and garnish with orange and cherries to serve.

Nutrition Facts



Properties

Glycemic Index:165.5, Glycemic Load:12.38, Inflammation Score:-8, Nutrition Score:9.63434774461%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 42.76mg, Hesperetin: 42.76mg, Hesperetin: 42.76mg, Hesperetin: 42.76mg Naringenin: 21.33mg, Naringenin: 21.33mg, Naringenin: 21.33mg, Naringenin: 21.33mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 289.2kcal (14.46%), Fat: 0.42g (0.64%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 39.17g (13.06%), Net Carbohydrates: 35.53g (12.92%), Sugar: 34.4g (38.23%), Cholesterol: 0mg (0%), Sodium: 3.36mg (0.15%), Alcohol: 19.22g (100%), Alcohol %: 7.65% (100%), Protein: 1.9g (3.8%), Vitamin C: 104.76mg (126.98%), Fiber: 3.64g (14.57%), Folate: 57.63µg (14.41%), Vitamin B1: 0.17mg (11.65%), Potassium: 403.47mg (11.53%), Vitamin A: 444.14IU (8.88%), Copper: 0.15mg (7.4%), Calcium: 69.04mg (6.9%), Vitamin B6: 0.13mg (6.68%), Vitamin E: 0.97mg (6.49%), Magnesium: 23.55mg (5.89%), Vitamin B2: 0.08mg (4.93%), Vitamin B5: 0.45mg (4.45%), Phosphorus: 38.6mg (3.86%), Vitamin B3: 0.66mg (3.3%), Vitamin K: 3.23µg (3.07%), Iron: 0.45mg (2.53%), Manganese: 0.05mg (2.41%), Zinc: 0.21mg (1.42%), Selenium: 0.85µg (1.22%)