



Orange-Cranberry Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



112 kcal

BEVERAGE

DRINK

Ingredients

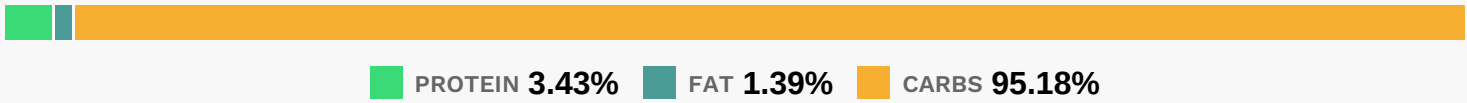
- ☐ 3 cups club soda chilled
- ☐ 1 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 6 ounce orange juice concentrate frozen undiluted thawed canned
- ☐ 0.3 cup sugar

Equipment

Directions

- ☐
- Combine first 3 ingredients in a pitcher, stirring until sugar dissolves. Cover and chill 1 hour.Stir in club soda just before serving.
- ☐
- Serve cocktail over ice.

Nutrition Facts



Properties

Glycemic Index:25.22, Glycemic Load:10.41, Inflammation Score:-4, Nutrition Score:5.6060869240243%

Nutrients (% of daily need)

Calories: 112.12kcal (5.61%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 28.11g (9.37%), Net Carbohydrates: 27.72g (10.08%), Sugar: 26.21g (29.12%), Cholesterol: 0mg (0%), Sodium: 33.3mg (1.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.03%), Vitamin C: 54.03mg (65.5%), Potassium: 255.98mg (7.31%), Folate: 26.7µg (6.68%), Vitamin B1: 0.1mg (6.54%), Vitamin B6: 0.11mg (5.74%), Vitamin E: 0.81mg (5.41%), Vitamin B2: 0.07mg (4.15%), Magnesium: 16.36mg (4.09%), Vitamin A: 151.7IU (3.03%), Copper: 0.06mg (2.86%), Phosphorus: 27.33mg (2.73%), Vitamin K: 2.72µg (2.59%), Calcium: 24.17mg (2.42%), Vitamin B3: 0.42mg (2.08%), Vitamin B5: 0.19mg (1.91%), Zinc: 0.25mg (1.65%), Fiber: 0.39g (1.56%), Iron: 0.26mg (1.43%)