



Orange & cranberry spritz



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



127 kcal

SIDE DISH

Ingredients

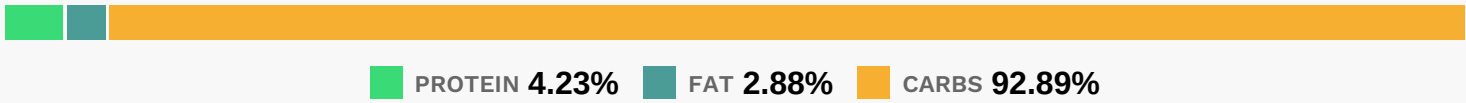
- ☐ 500 ml orange juice
- ☐ 500 ml 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 400 ml sports drink

Equipment

Directions

- ☐
- Mix together orange juice and cranberry juice in a large jug. Slowly pour in the sparkling elderflower drink, as it will fizz up.
- ☐
- Mix together and serve in tall glasses with ice.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:16.01, Inflammation Score:-6, Nutrition Score:8.6091305717178%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 15.66mg, Hesperetin: 15.66mg, Hesperetin: 15.66mg, Hesperetin: 15.66mg Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 127.22kcal (6.36%), Fat: 0.44g (0.67%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 31.63g (10.54%), Net Carbohydrates: 31.23g (11.36%), Sugar: 27.18g (30.2%), Cholesterol: 0mg (0%), Sodium: 29.4mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Vitamin C: 77.95mg (94.48%), Vitamin E: 1.66mg (11.04%), Potassium: 364.99mg (10.43%), Folate: 40.65µg (10.16%), Calcium: 92.81mg (9.28%), Vitamin B1: 0.13mg (8.66%), Magnesium: 29.19mg (7.3%), Vitamin K: 6.95µg (6.62%), Copper: 0.13mg (6.56%), Vitamin A: 322.21IU (6.44%), Vitamin B6: 0.12mg (6.1%), Phosphorus: 39.65mg (3.97%), Vitamin B2: 0.06mg (3.73%), Iron: 0.6mg (3.31%), Vitamin B3: 0.65mg (3.23%), Vitamin B5: 0.25mg (2.49%), Fiber: 0.4g (1.58%), Zinc: 0.2mg (1.33%)