



Pineapple-Grapefruit Spritzer



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



159 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 slices garnish: pink grapefruit
- ☐ 1 cup pink grapefruit juice
- ☐ 2 tablespoons honey
- ☐ 2 cups pineapple juice
- ☐ 750 milliliter sparkling white wine chilled

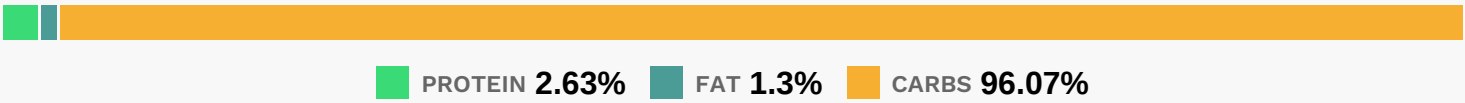
Equipment

- ☐ sieve

Directions

- ☐ Stir together first 4 ingredients in a large container; cover and chill at least 1 hour.
- ☐ Pour mixture through a fine wire-mesh strainer into a pitcher, discarding ginger.
- ☐ Add wine just before serving.
- ☐ Serve over ice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:8.74, Inflammation Score:-4, Nutrition Score:3.8417390708042%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 159.47kcal (7.97%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 20.38g (6.79%), Net Carbohydrates: 20.18g (7.34%), Sugar: 16.43g (18.26%), Cholesterol: 0mg (0%), Sodium: 7.83mg (0.34%), Alcohol: 11.19g (100%), Alcohol %: 6.54% (100%), Protein: 0.56g (1.12%), Manganese: 0.47mg (23.71%), Vitamin C: 15.94mg (19.32%), Potassium: 226.91mg (6.48%), Vitamin B6: 0.12mg (6.24%), Magnesium: 22.89mg (5.72%), Iron: 0.67mg (3.71%), Folate: 14.15µg (3.54%), Vitamin B1: 0.04mg (2.99%), Phosphorus: 29.27mg (2.93%), Copper: 0.06mg (2.77%), Calcium: 21.8mg (2.18%), Vitamin B2: 0.03mg (1.95%), Vitamin B3: 0.37mg (1.84%), Zinc: 0.25mg (1.7%), Vitamin B5: 0.13mg (1.27%)