



Poinsettia Sipper

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



8 min.

SERVINGS



8

CALORIES



213 kcal

SIDE DISH

Ingredients

- 0.5 cup cranberries fresh
- 64 oz 1/4 cup dried cranberry (juice sweetened if possible) 100% chilled
- 1 liter lemon-lime drink chilled soft
- 1 lime thinly sliced
- 1 cup orange juice concentrate thawed

Equipment

Directions

Stir together first 3 ingredients in a large pitcher; garnish with lime slices and cranberries.

Nutrition Facts

PROTEIN 3.36% **FAT 1.59%** **CARBS 95.05%**

Properties

Glycemic Index:16.63, Glycemic Load:15.81, Inflammation Score:-5, Nutrition Score:9.3765217765518%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 213.38kcal (10.67%), Fat: 0.41g (0.63%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 54.79g (18.26%), Net Carbohydrates: 53.75g (19.54%), Sugar: 51.1g (56.78%), Cholesterol: 0mg (0%), Sodium: 19.78mg (0.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.7mg (6.23%), Protein: 1.94g (3.87%), Vitamin C: 75.88mg (91.97%), Vitamin E: 3.04mg (20.24%), Potassium: 412.72mg (11.79%), Vitamin K: 12.07µg (11.5%), Vitamin B6: 0.22mg (10.87%), Vitamin B1: 0.12mg (8.09%), Copper: 0.15mg (7.73%), Folate: 30.34µg (7.58%), Magnesium: 28.16mg (7.04%), Vitamin B2: 0.11mg (6.23%), Phosphorus: 53.33mg (5.33%), Vitamin A: 244.54IU (4.89%), Iron: 0.77mg (4.3%), Fiber: 1.04g (4.17%), Calcium: 37.39mg (3.74%), Vitamin B3: 0.64mg (3.18%), Vitamin B5: 0.24mg (2.35%), Zinc: 0.31mg (2.07%), Manganese: 0.04mg (2.01%)