



Pomegranate Blinker

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



5 min.

SERVINGS



1

CALORIES



209 kcal

SIDE DISH

Ingredients

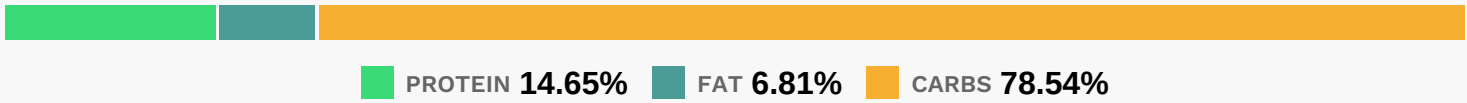
- ☐ 1 ounce grapefruit juice
- ☐ 0.5 ounce pama pomegranate liqueur
- ☐ 2 ounce rye

Equipment

Directions

- ☐
- Pour all the liquid ingredients into a cocktail shaker half filled with ice cubes. Cover and shake vigorously. Strain into a cocktail glass.
- ☐
- Garnish with a grapefruit twist.

Nutrition Facts



Properties

Glycemic Index:115, Glycemic Load:2.89, Inflammation Score:-6, Nutrition Score:18.920869553867%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 208.51kcal (10.43%), Fat: 1.73g (2.65%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 44.75g (14.92%), Net Carbohydrates: 31.34g (11.4%), Sugar: 5.63g (6.25%), Cholesterol: 0mg (0%), Sodium: 1.56mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.34g (16.69%), Manganese: 3.82mg (190.79%), Fiber: 13.41g (53.64%), Selenium: 28.99µg (41.41%), Phosphorus: 366.56mg (36.66%), Magnesium: 145.15mg (36.29%), Zinc: 3.25mg (21.69%), Iron: 3.78mg (21.03%), Copper: 0.42mg (20.96%), Vitamin B3: 3.24mg (16.23%), Potassium: 493.28mg (14.09%), Vitamin B1: 0.18mg (11.97%), Vitamin B6: 0.24mg (11.87%), Vitamin C: 9.07mg (11%), Vitamin B2: 0.18mg (10.45%), Vitamin B5: 0.93mg (9.32%), Vitamin E: 0.88mg (5.86%), Vitamin K: 5.67µg (5.4%), Folate: 14.46µg (3.61%), Calcium: 35.44mg (3.54%)