



Pomegranate Blood Splatter Cocktail



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



126 kcal

BEVERAGE

DRINK

Ingredients

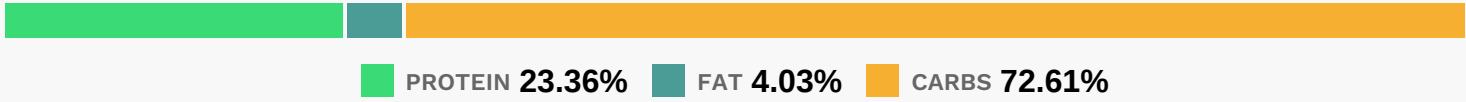
- ☐ 1 egg whites
- ☐ 1 ounce orange juice fresh
- ☐ 2 ounces pomegranate juice fresh
- ☐ 1 serving pomegranate molasses
- ☐ 1 ounce vodka

Equipment

Directions

- ☐ Combine pomegranate juice, orange juice, vodka, Cardamaro, and egg white in the shaker and shake vigorously for 10 seconds without ice to emulsify the egg white.
- ☐ Add ice to the shaker and shake until well chilled, about 15 seconds. Strain into cocktail glass.
- ☐ Garnish drink with drizzled pomegranate molasses and serve.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:1.5, Inflammation Score:-3, Nutrition Score:3.3165217171545%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.39mg, Hesperetin: 3.39mg, Hesperetin: 3.39mg, Hesperetin: 3.39mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 126.46kcal (6.32%), Fat: 0.27g (0.42%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 10.93g (3.98%), Sugar: 10.09g (11.21%), Cholesterol: 0mg (0%), Sodium: 55.47mg (2.41%), Alcohol: 9.47g (100%), Alcohol %: 8.31% (100%), Protein: 3.55g (7.11%), Vitamin C: 14.23mg (17.25%), Vitamin B2: 0.15mg (8.86%), Selenium: 6.2µg (8.85%), Potassium: 227.22mg (6.49%), Folate: 23.31µg (5.83%), Vitamin K: 5.93µg (5.64%), Manganese: 0.06mg (3.06%), Vitamin B5: 0.27mg (2.72%), Magnesium: 10.39mg (2.6%), Vitamin B1: 0.04mg (2.44%), Vitamin B6: 0.04mg (1.78%), Copper: 0.03mg (1.71%), Phosphorus: 16.97mg (1.7%), Vitamin E: 0.23mg (1.51%), Vitamin B3: 0.28mg (1.39%), Calcium: 11.46mg (1.15%), Vitamin A: 56.7IU (1.13%)