



Pomegranate-Key Lime Vodka Cocktails

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



154 kcal

Ingredients

- 1 cup seltzer water
- 4 servings ice cubes crushed
- 3 tablespoons juice of lime fresh (3 limes)
- 1 cup pomegranate juice unsweetened
- 0.3 cup sugar
- 0.5 cup vodka
- 0.3 cup water

Equipment

- sauce pan

Directions

- Combine sugar and 1/4 cup water in a small saucepan; bring to a boil. Reduce heat, and simmer 2 minutes or just until sugar dissolves.
- Remove from heat; cool.
- Combine sugar syrup, club soda, pomegranate juice, vodka, and lime juice.
- Place crushed ice in a martini shaker; add about 3/4 cup pomegranate mixture. Cover and shake. Strain into a glass.
- Garnish with lime slice, if desired. Repeat procedure with remaining pomegranate mixture.

Nutrition Facts

PROTEIN 0.63% **FAT 2.31%** **CARBS 97.06%**

Properties

Glycemic Index:21.27, Glycemic Load:8.73, Inflammation Score:0, Nutrition Score:1.631739133726%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 153.85kcal (7.69%), Fat: 0.23g (0.35%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 21.55g (7.18%), Net Carbohydrates: 21.44g (7.8%), Sugar: 20.51g (22.79%), Cholesterol: 0mg (0%), Sodium: 22.21mg (0.97%), Alcohol: 10.02g (100%), Alcohol %: 5.16% (100%), Protein: 0.14g (0.28%), Vitamin K: 6.54µg (6.23%), Potassium: 148.11mg (4.23%), Vitamin C: 3.44mg (4.17%), Folate: 16.07µg (4.02%), Manganese: 0.06mg (3.11%), Vitamin B5: 0.19mg (1.91%), Vitamin E: 0.26mg (1.74%), Copper: 0.03mg (1.74%), Magnesium: 6.56mg (1.64%), Vitamin B6: 0.03mg (1.46%), Calcium: 13.63mg (1.36%)