



Pomegranate-Orange Cooler

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



10

CALORIES



257 kcal

BEVERAGE

DRINK

Ingredients

- 2.5 cups ginger ale chilled (see notes)
- 0.3 cup juice of lime fresh
- 0.3 cup pear liqueur orange-flavored (see notes)
- 5 cups pomegranate juice (see notes)
- 2.5 cups vodka (see notes)

Equipment

Directions

- In a pitcher, combine pomegranate juice, vodka, orange-flavored liqueur, and fresh lime juice. Cover and chill until very cold, at least 1 hour (see notes). Just before serving, stir in ginger ale.
- Pour into ice-filled glasses. If desired, garnish glasses with thin orange slices.

Nutrition Facts

PROTEIN 0.84% **FAT 3.14%** **CARBS 96.02%**

Properties

Glycemic Index:7.8, Glycemic Load:3.26, Inflammation Score:-3, Nutrition Score:2.75478261774%

Flavonoids

Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 256.92kcal (12.85%), Fat: 0.37g (0.56%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 25.26g (8.42%), Net Carbohydrates: 25.1g (9.13%), Sugar: 24.14g (26.83%), Cholesterol: 0mg (0%), Sodium: 16.1mg (0.7%), Alcohol: 23.22g (100%), Alcohol %: 11.34% (100%), Protein: 0.22g (0.44%), Vitamin K: 13µg (12.38%), Potassium: 277.06mg (7.92%), Folate: 30.69µg (7.67%), Manganese: 0.13mg (6.37%), Vitamin B5: 0.36mg (3.65%), Vitamin E: 0.49mg (3.27%), Vitamin C: 2.54mg (3.08%), Vitamin B6: 0.05mg (2.64%), Magnesium: 9.95mg (2.49%), Copper: 0.04mg (2.25%), Phosphorus: 17.82mg (1.78%), Calcium: 16.59mg (1.66%), Vitamin B1: 0.02mg (1.58%), Vitamin B3: 0.3mg (1.51%), Vitamin B2: 0.02mg (1.42%), Iron: 0.24mg (1.36%)