



## Puritan's Pride

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



65 kcal

SIDE DISH

## Ingredients

- 3 ounces apple cider
- 2 ounces 1/4 cup dried cranberry (juice sweetened if possible) such as r. w. knudsen just cranberry
- 1 serving ice crushed

## Equipment

## Directions

Combine the cranberry juice and ginger syrup in a rocks glass.

Add crushed ice and stir. Top with cider and serve.

## Nutrition Facts

 PROTEIN 1.78%  FAT 2.4%  CARBS 95.82%

### Properties

Glycemic Index:96.75, Glycemic Load:7.69, Inflammation Score:-1, Nutrition Score:1.6439130617225%

### Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epicatechin: 4.01mg, Epicatechin: 4.01mg, Epicatechin: 4.01mg, Epicatechin: 4.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

### Nutrients (% of daily need)

Calories: 65.2kcal (3.26%), Fat: 0.18g (0.28%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 16.3g (5.93%), Sugar: 15.04g (16.71%), Cholesterol: 0mg (0%), Sodium: 4.59mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.61%), Vitamin C: 6.04mg (7.32%), Vitamin E: 0.69mg (4.59%), Potassium: 129.56mg (3.7%), Manganese: 0.06mg (3.15%), Vitamin K: 2.89µg (2.75%), Vitamin B6: 0.04mg (2.24%), Copper: 0.04mg (2.08%), Magnesium: 7.66mg (1.92%), Vitamin B1: 0.02mg (1.53%), Vitamin B2: 0.02mg (1.45%), Iron: 0.24mg (1.35%), Phosphorus: 13.32mg (1.33%), Calcium: 11.37mg (1.14%)