



Quick Grape Spritzer

 Vegetarian  Gluten Free  Dairy Free

READY IN



1450 min.

SERVINGS



8

CALORIES



288 kcal

BEVERAGE

DRINK

Ingredients

- 1 quart grape juice chilled
- 1 tablespoon honey
- 1 pound grapes red seedless washed stemmed
- 2 cups naturally sparkling water chilled
- 16 ounces vodka
- 1 pound grapes white seedless washed stemmed

Equipment

- bowl

whisk

Directions

- Put half of the red grapes and half of the white grapes in the freezer, for garnish.
- Put the remaining grapes in a large bowl and "smash" them with a whisk (or fingers).
- Add the smashed grape to a large pitcher and pour in the grape juice and honey. Stir in about 16 ounces of vodka. Fill glasses about 1/2 full with the grape juice mixture and top with a splash of seltzer. Drop and few frozen grapes into each glass for a festive garnish that doubles as an ice cube!

Nutrition Facts

 **PROTEIN 2.99%** **FAT 1.79%** **CARBS 95.22%**

Properties

Glycemic Index:19.91, Glycemic Load:10.1, Inflammation Score:-3, Nutrition Score:4.6430434455042%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Petunidin: 1.21mg, Petunidin: 1.21mg, Petunidin: 1.21mg, Petunidin: 1.21mg Delphinidin: 2.27mg, Delphinidin: 2.27mg, Delphinidin: 2.27mg, Delphinidin: 2.27mg Malvidin: 13.21mg, Malvidin: 13.21mg, Malvidin: 13.21mg, Malvidin: 13.21mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 288.18kcal (14.41%), Fat: 0.34g (0.52%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 40.16g (13.39%), Net Carbohydrates: 38.9g (14.14%), Sugar: 36.53g (40.59%), Cholesterol: 0mg (0%), Sodium: 21.28mg (0.93%), Alcohol: 18.94g (100%), Alcohol %: 6.85% (100%), Protein: 1.26g (2.52%), Manganese: 0.37mg (18.3%), Vitamin K: 17.03µg (16.22%), Potassium: 342.73mg (9.79%), Copper: 0.18mg (8.77%), Vitamin B6: 0.14mg (6.8%), Vitamin B1: 0.1mg (6.75%), Vitamin B2: 0.1mg (6.01%), Magnesium: 20.41mg (5.1%), Fiber: 1.26g (5.05%), Vitamin C: 3.76mg (4.56%), Phosphorus: 42.18mg (4.22%), Iron: 0.73mg (4.04%), Calcium: 27.47mg (2.75%), Vitamin B3: 0.37mg (1.87%), Vitamin A: 84.31IU (1.69%), Zinc: 0.23mg (1.51%), Vitamin E: 0.22mg (1.44%), Vitamin B5: 0.12mg (1.15%)