

Red Rooster

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



198 kcal

BEVERAGE

DRINK

Ingredients

- 4 fluid ounces 1/4 cup dried cranberry (juice sweetened if possible)
- 1 cup ice cubes
- 0.5 fluid ounce orange juice
- 2 fluid ounces vodka

Equipment

Directions

- Fill a tall glass with ice.
- Pour in vodka. Fill glass to 3/4 full with cranberry juice. Top with orange juice. Stir.

Nutrition Facts

PROTEIN 3.33% **FAT 2.43%** **CARBS 94.24%**

Properties

Glycemic Index:123, Glycemic Load:8.8, Inflammation Score:-4, Nutrition Score:2.9678261257384%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 197.68kcal (9.88%), Fat: 0.18g (0.28%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 15.97g (5.32%), Net Carbohydrates: 15.82g (5.75%), Sugar: 15.55g (17.28%), Cholesterol: 0mg (0%), Sodium: 14.93mg (0.65%), Alcohol: 19.75g (100%), Alcohol %: 5.84% (100%), Protein: 0.56g (1.13%), Vitamin C: 18.39mg (22.29%), Vitamin E: 1.43mg (9.5%), Copper: 0.12mg (5.77%), Vitamin K: 6.05µg (5.76%), Potassium: 121.24mg (3.46%), Vitamin B6: 0.07mg (3.37%), Magnesium: 11.09mg (2.77%), Phosphorus: 20.85mg (2.08%), Iron: 0.33mg (1.84%), Calcium: 18.19mg (1.82%), Vitamin B1: 0.03mg (1.79%), Vitamin B2: 0.03mg (1.76%), Vitamin A: 82.8IU (1.66%), Folate: 5.62µg (1.4%)