



## Rosé Crush



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



119 kcal

BEVERAGE

DRINK

## Ingredients

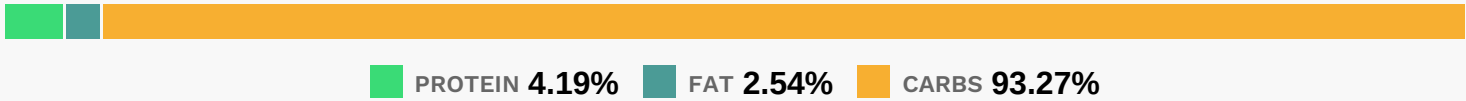
- ☐ 1 serving garnishes: cranberries
- ☐ 3 tablespoons 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 serving ice cubes
- ☐ 3 tablespoons orange juice
- ☐ 6 tablespoons rosé wine

## Equipment

# Directions

- ☐ Combine ros wine, orange juice, and cranberry juice in an ice-filled shaker. Strain into an ice-filled glass.
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:168, Glycemic Load:6.16, Inflammation Score:-5, Nutrition Score:4.0904348376005%

## Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 6.09mg, Hesperetin: 6.09mg, Hesperetin: 6.09mg, Hesperetin: 6.09mg Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 118.81kcal (5.94%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 13.18g (4.79%), Sugar: 10.48g (11.65%), Cholesterol: 0mg (0%), Sodium: 8.73mg (0.38%), Alcohol: 9.36g (100%), Alcohol %: 4.88% (100%), Protein: 0.6g (1.2%), Vitamin C: 29.83mg (36.15%), Potassium: 226.55mg (6.47%), Manganese: 0.12mg (6.12%), Magnesium: 18.83mg (4.71%), Vitamin B6: 0.09mg (4.65%), Folate: 16.66µg (4.16%), Vitamin E: 0.57mg (3.82%), Vitamin B1: 0.05mg (3.64%), Phosphorus: 32.63mg (3.26%), Copper: 0.06mg (3.15%), Iron: 0.55mg (3.05%), Vitamin B2: 0.04mg (2.61%), Vitamin A: 122.85IU (2.46%), Vitamin K: 2.4µg (2.28%), Vitamin B3: 0.4mg (1.98%), Calcium: 18.17mg (1.82%), Vitamin B5: 0.13mg (1.33%), Zinc: 0.19mg (1.29%)