

Rowdy Red Rooster

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



7 min.

SERVINGS



10

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce mandarin oranges canned
- 32 fluid ounce 1/4 cup dried cranberry (juice sweetened if possible)
- 2 cups orange juice
- 750 milliliter vodka

Equipment

- bowl

Directions

- In a large bowl, combine vodka, cranberry juice and orange juice.
- Place in freezer for 2 hours, or until slushy.
- When slushy, mix in mandarin oranges and serve, or replace in freezer.

Nutrition Facts



PROTEIN 4.65% **FAT 2.42%** **CARBS 92.93%**

Properties

Glycemic Index:12.3, Glycemic Load:9.04, Inflammation Score:-7, Nutrition Score:5.873043473648%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 257.75kcal (12.89%), Fat: 0.24g (0.37%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 20g (7.27%), Sugar: 19.12g (21.25%), Cholesterol: 0mg (0%), Sodium: 5.28mg (0.23%), Alcohol: 25.41g (100%), Alcohol %: 12.25% (100%), Protein: 1.04g (2.07%), Vitamin C: 48.02mg (58.2%), Vitamin A: 699.7IU (13.99%), Vitamin E: 1.22mg (8.13%), Potassium: 230.65mg (6.59%), Vitamin B1: 0.09mg (6.29%), Copper: 0.1mg (4.95%), Vitamin K: 4.88µg (4.64%), Folate: 17.95µg (4.49%), Vitamin B6: 0.09mg (4.37%), Magnesium: 15.81mg (3.95%), Vitamin B2: 0.05mg (2.97%), Phosphorus: 29.21mg (2.92%), Fiber: 0.7g (2.82%), Iron: 0.46mg (2.55%), Vitamin B3: 0.47mg (2.37%), Zinc: 0.34mg (2.3%), Calcium: 18.13mg (1.81%)