

Rubber Soul



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 4 fluid ounces 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 5 cubes ice cubes
- ☐ 1 fluid ounce pear vodka

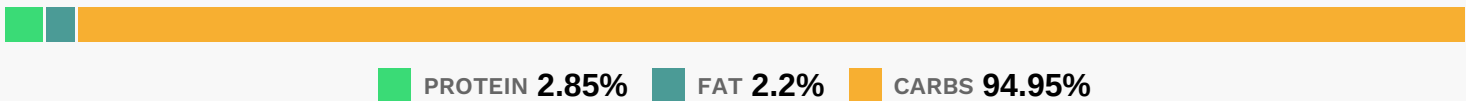
Equipment

Directions

- ☐ Place ice cubes into a rocks glass.

Pour in vodka and cranberry juice. Stir and serve.

Nutrition Facts



Properties

Glycemic Index:92.75, Glycemic Load:9.33, Inflammation Score:-1, Nutrition Score:2.7417391188767%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 71.26kcal (3.56%), Fat: 0.2g (0.3%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 18.92g (6.31%), Net Carbohydrates: 17.89g (6.51%), Sugar: 17.19g (19.11%), Cholesterol: 0mg (0%), Sodium: 6.16mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin C: 12.27mg (14.87%), Vitamin E: 1.45mg (9.7%), Vitamin K: 7.33µg (6.98%), Copper: 0.1mg (5.03%), Fiber: 1.03g (4.14%), Potassium: 125.38mg (3.58%), Vitamin B6: 0.07mg (3.5%), Magnesium: 9.87mg (2.47%), Iron: 0.35mg (1.94%), Phosphorus: 18.92mg (1.89%), Vitamin B2: 0.03mg (1.7%), Calcium: 14.22mg (1.42%), Vitamin A: 60.62IU (1.21%), Zinc: 0.15mg (1.03%)