



Rudolph's Spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



96 kcal

BEVERAGE

DRINK

Ingredients

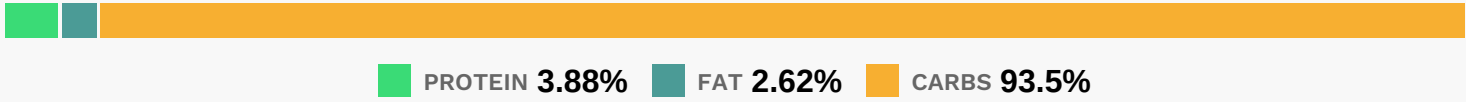
- ☐ 0.5 cup maraschino cherry juice
- ☐ 1 slices garnishes: lemon rosemary sprigs fresh
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 cups lemon-lime drink chilled soft
- ☐ 5 cups orange juice

Equipment

Directions

- ☐ Stir together all ingredients; serve over ice.
- ☐ Garnish, if desired.
- ☐ Rudolph's Tippy Spritzer: Prepare recipe as directed. Stir in 1 1/2 cups vodka. Makes about 9 1/2 cups. Prep: 10 min.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:6.59, Inflammation Score:-5, Nutrition Score:5.9504347521326%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 15.9mg, Hesperetin: 15.9mg, Hesperetin: 15.9mg, Hesperetin: 15.9mg Naringenin: 2.74mg, Naringenin: 2.74mg, Naringenin: 2.74mg, Naringenin: 2.74mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 96.22kcal (4.81%), Fat: 0.29g (0.45%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 22.6g (8.22%), Sugar: 19.99g (22.21%), Cholesterol: 0mg (0%), Sodium: 6.51mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.08mg (2.36%), Protein: 0.97g (1.93%), Vitamin C: 64.73mg (78.46%), Folate: 38.5µg (9.62%), Vitamin B1: 0.11mg (7.56%), Potassium: 258.21mg (7.38%), Vitamin A: 253.84IU (5.08%), Magnesium: 15.01mg (3.75%), Copper: 0.07mg (3.64%), Vitamin B6: 0.05mg (2.68%), Fiber: 0.66g (2.66%), Vitamin B3: 0.51mg (2.55%), Vitamin B5: 0.25mg (2.51%), Vitamin B2: 0.04mg (2.25%), Phosphorus: 22.03mg (2.2%), Calcium: 21.52mg (2.15%), Iron: 0.32mg (1.76%)