



Salem Witch Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



139 kcal

BEVERAGE

DRINK

Ingredients



1 fluid ounce club soda



1 tablespoon grenadine syrup



1 cup ice cubes



1 tablespoon juice of lime



0.5 fluid ounce melon liqueur midori® (such as)



0.5 fluid ounce raspberry schnapps



0.5 fluid ounce vodka



0.3 cup mix sweet sour

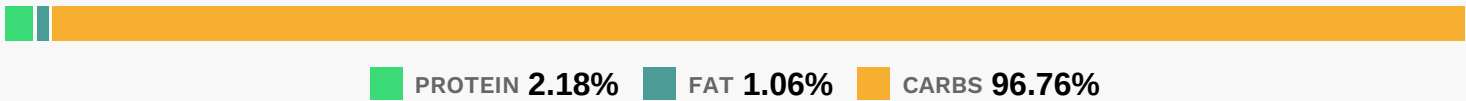
☐ 0.3 cup mix sweet sour

Equipment

Directions

- ☐ Fill a collins glass with ice, and pour in the vodka, raspberry schnapps, melon liqueur, and splash of lime juice.
- ☐ Pour in the sour mix until the glass is 2/3 full and top off the glass with the soda water. Stir gently to mix, then add a splash of grenadine to serve.

Nutrition Facts



Properties

Glycemic Index:141, Glycemic Load:13.59, Inflammation Score:-2, Nutrition Score:1.6069565020178%

Flavonoids

Cyanidin: 6.77mg, Cyanidin: 6.77mg, Cyanidin: 6.77mg, Cyanidin: 6.77mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 138.67kcal (6.93%), Fat: 0.11g (0.16%), Saturated Fat: 0g (0.03%), Carbohydrates: 21.83g (7.28%), Net Carbohydrates: 20.81g (7.57%), Sugar: 15.59g (17.33%), Cholesterol: 0mg (0%), Sodium: 24.03mg (1.04%), Alcohol: 7.41g (100%), Alcohol %: 2.72% (100%), Protein: 0.49g (0.98%), Vitamin C: 8.37mg (10.15%), Manganese: 0.1mg (5.1%), Fiber: 1.02g (4.08%), Copper: 0.06mg (3.18%), Magnesium: 7.91mg (1.98%), Calcium: 15.57mg (1.56%), Potassium: 46.21mg (1.32%), Vitamin K: 1.24µg (1.18%), Folate: 4.6µg (1.15%), Vitamin E: 0.16mg (1.08%), Zinc: 0.15mg (1.02%)