



Scarlet O'Hara

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups 1/4 cup dried cranberry (juice sweetened if possible)
- 1 slices garnish: lime fresh
- 0.3 cup juice of lime fresh
- 1 cup southern comfort liqueur

Equipment

Directions

Combine cranberry juice, Southern Comfort, and lime juice.

Serve over crushed ice.

Nutrition Facts

PROTEIN 2.63% **FAT 1.87%** **CARBS 95.5%**

Properties

Glycemic Index:22, Glycemic Load:12.9, Inflammation Score:-4, Nutrition Score:3.9926087091798%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 2.56mg, Hesperetin: 2.56mg, Hesperetin: 2.56mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 222.65kcal (11.13%), Fat: 0.26g (0.41%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 30.4g (10.13%), Net Carbohydrates: 30.08g (10.94%), Sugar: 23.33g (25.92%), Cholesterol: 0mg (0%), Sodium: 4.23mg (0.18%), Alcohol: 15.34g (100%), Alcohol %: 7.18% (100%), Protein: 0.84g (1.67%), Vitamin C: 24.21mg (29.34%), Vitamin E: 2.33mg (15.5%), Vitamin K: 9.81µg (9.34%), Copper: 0.11mg (5.55%), Vitamin B6: 0.11mg (5.35%), Potassium: 171.49mg (4.9%), Magnesium: 13.1mg (3.28%), Iron: 0.5mg (2.79%), Phosphorus: 27.81mg (2.78%), Vitamin B2: 0.04mg (2.21%), Vitamin A: 96.35IU (1.93%), Calcium: 18.58mg (1.86%), Vitamin B1: 0.02mg (1.51%), Zinc: 0.21mg (1.39%), Fiber: 0.32g (1.28%), Vitamin B3: 0.2mg (1.02%), Folate: 4.05µg (1.01%)