

## Seabreeze

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 fluid ounces 1/4 cup dried cranberry (juice sweetened if possible)
- 1 fluid ounce grapefruit juice
- 1 cup ice cubes
- 1.5 fluid ounce vodka

### Equipment

### Directions

- Fill a highball glass with ice cubes.
- Pour in the vodka, cranberry juice, and grapefruit juice; stir to mix.

## Nutrition Facts

**PROTEIN 3.66%** **FAT 2.15%** **CARBS 94.19%**

### Properties

Glycemic Index:119, Glycemic Load:5.57, Inflammation Score:-2, Nutrition Score:1.8565217146407%

### Nutrients (% of daily need)

Calories: 143.27kcal (7.16%), Fat: 0.11g (0.16%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 10.41g (3.78%), Sugar: 10.41g (11.57%), Cholesterol: 0mg (0%), Sodium: 14.05mg (0.61%), Alcohol: 14.81g (100%), Alcohol %: 5.08% (100%), Protein: 0.41g (0.82%), Vitamin C: 13.45mg (16.31%), Vitamin E: 0.71mg (4.73%), Copper: 0.07mg (3.74%), Vitamin K: 3.02µg (2.87%), Potassium: 93.88mg (2.68%), Magnesium: 8.87mg (2.22%), Vitamin B6: 0.03mg (1.54%), Iron: 0.27mg (1.5%), Calcium: 14.19mg (1.42%), Phosphorus: 13.16mg (1.32%)