

Simpleton Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



129 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 16 ounces cranberry juice cocktail chilled
- ☐ 3 tablespoons juice of lime fresh
- ☐ 16 ounces pomegranate juice chilled
- ☐ 12 ounces vodka chilled

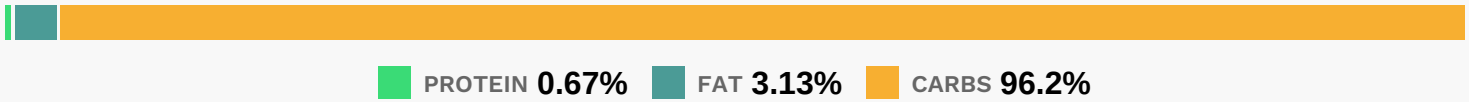
Equipment

- ☐ bowl
- ☐ ladle

Directions

- ☐ In a large punch bowl or pitcher, combine all the ingredients. (You can cover and refrigerate for up to several hours.)
- ☐ Add ice and ladle into martini glasses or plastic party cups.To Make a Virgin Version:
Substitute 1 1/2 cups (12 ounces) chilled lemon–lime soda for the vodka.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:3.67, Inflammation Score:-2, Nutrition Score:2.1952174056483%

Flavonoids

Cyanidin: 1.26mg, Cyanidin: 1.26mg, Cyanidin: 1.26mg, Cyanidin: 1.26mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 128.7kcal (6.43%), Fat: 0.18g (0.28%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 12.44g (4.15%), Net Carbohydrates: 12.38g (4.5%), Sugar: 11.19g (12.43%), Cholesterol: 0mg (0%), Sodium: 5.42mg (0.24%), Alcohol: 11.36g (100%), Alcohol %: 11.14% (100%), Protein: 0.09g (0.17%), Vitamin C: 20.58mg (24.95%), Vitamin K: 5.2µg (4.95%), Manganese: 0.07mg (3.28%), Potassium: 109.02mg (3.11%), Folate: 11.34µg (2.83%), Vitamin E: 0.28mg (1.88%), Vitamin B5: 0.16mg (1.58%)