



Sparkling Charleston Cosmopolitan

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



203 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon 1/4 cup dried cranberry (juice sweetened if possible) white
- 1 cup ice crushed
- 2 lemon wedges
- 1 tablespoon orange liqueur
- 1.5 tablespoons peach nectar
- 2 tablespoons wine
- 3 tablespoons vodka

Equipment

Directions

- Combine crushed ice, vodka, peach nectar, orange liqueur, and 1 white cranberry juice in a cocktail shaker. Squeeze juice from lemon wedges into shaker.
- Place wedges in shaker. Cover with lid, and shake vigorously until thoroughly chilled (about 30 seconds). Strain into a 6- to 8-oz. glass; discard lemon wedges and ice. Top with sparkling white wine.
- Garnish, if desired.
- Note: We tested with Absolut Vodka.

Nutrition Facts



PROTEIN 3.52% **FAT 4.62%** **CARBS 91.86%**

Properties

Glycemic Index:111.5, Glycemic Load:1.73, Inflammation Score:-4, Nutrition Score:2.6743478191935%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.16mg, Hesperetin: 10.16mg, Hesperetin: 10.16mg, Hesperetin: 10.16mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 202.96kcal (10.15%), Fat: 0.3g (0.46%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 12.32g (4.48%), Sugar: 10.52g (11.69%), Cholesterol: 0mg (0%), Sodium: 18.44mg (0.8%), Alcohol: 22.02g (100%), Alcohol %: 6.98% (100%), Caffeine: 3.9mg (1.3%), Protein: 0.51g (1.03%), Vitamin C: 20.48mg (24.82%), Fiber: 1.05g (4.18%), Copper: 0.08mg (3.76%), Vitamin B6: 0.06mg (2.99%), Potassium: 94.13mg (2.69%), Manganese: 0.05mg (2.63%), Magnesium: 10.48mg (2.62%), Vitamin B1: 0.03mg (2.23%), Calcium: 21.84mg (2.18%), Iron: 0.36mg (2.02%), Vitamin E: 0.3mg (1.99%), Phosphorus: 16.93mg (1.69%), Vitamin A: 71.89IU (1.44%), Vitamin B2: 0.02mg (1.33%), Folate: 4.63µg (1.16%), Vitamin K: 1.15µg (1.1%)