



Sparkling Citrus Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



123 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 25.4 ounce sparkling apple cider chilled
- ☐ 0.3 cup grenadine syrup
- ☐ 2.5 cups orange juice fresh (8 oranges)
- ☐ 1.5 cups tangerine juice fresh (6 tangerines)

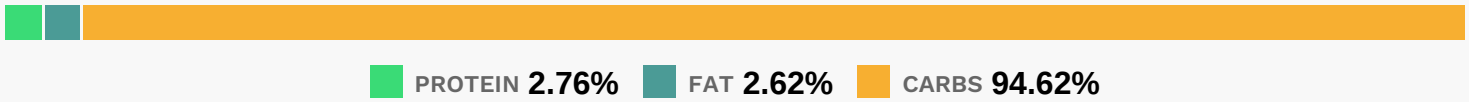
Equipment

- ☐ bowl
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Strain orange and tangerine juices through a cheesecloth-lined colander into a large bowl, discarding pulp.
- ☐ Combine juices and cider in a large pitcher.
- ☐ Pour 3/4 cup into each of 8 glasses. Slowly pour 1 1/2 teaspoons grenadine down inside of each glass (do not stir before serving).

Nutrition Facts



Properties

Glycemic Index:24.09, Glycemic Load:14.87, Inflammation Score:-5, Nutrition Score:5.5091304030755%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epicatechin: 4.24mg, Epicatechin: 4.24mg, Epicatechin: 4.24mg, Epicatechin: 4.24mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 17.19mg, Hesperetin: 17.19mg, Hesperetin: 17.19mg Naringenin: 2.29mg, Naringenin: 2.29mg, Naringenin: 2.29mg, Naringenin: 2.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 122.99kcal (6.15%), Fat: 0.36g (0.56%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 29.6g (9.87%), Net Carbohydrates: 29.17g (10.61%), Sugar: 24.41g (27.12%), Cholesterol: 0mg (0%), Sodium: 7.54mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.73%), Vitamin C: 53.18mg (64.46%), Potassium: 331.15mg (9.46%), Vitamin B1: 0.12mg (7.67%), Folate: 25.57µg (6.39%), Vitamin A: 273.07IU (5.46%), Manganese: 0.09mg (4.73%), Magnesium: 17.13mg (4.28%), Vitamin B6: 0.07mg (3.33%), Copper: 0.06mg (2.95%), Vitamin B2: 0.05mg (2.87%), Phosphorus: 26.36mg (2.64%), Vitamin B5: 0.25mg (2.49%), Calcium: 24.66mg (2.47%), Vitamin B3: 0.42mg (2.11%), Iron: 0.36mg (2%), Fiber: 0.43g (1.71%)