



Sparkling Cranberry Lime Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



115 kcal

BEVERAGE

DRINK

Ingredients

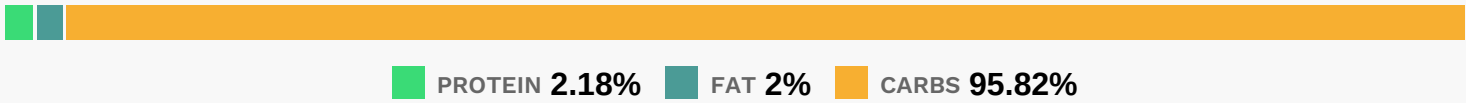
- ☐ 0.5 teaspoon agave nectar to taste
- ☐ 1 cup seltzer water
- ☐ 1 handful cranberries fresh frozen thaw (or)
- ☐ 0.3 cup 1/4 cup dried cranberry (juice sweetened if possible) unsweetened 100% pure
- ☐ 1 serving ice cubes
- ☐ 2 slices lime
- ☐ 2 tablespoons vodka

Equipment

Directions

- ☐ Add the vodka into a 16-ounce tall glass. Now add a handful of cranberries and a couple lime slices.
- ☐ Add the ice on top.
- ☐ Pour in the cranberry juice followed by the club soda.
- ☐ Add a squeeze of lime juice (if desired) and agave to taste. Stir to combine. Enjoy immediately!

Nutrition Facts



Properties

Glycemic Index:163, Glycemic Load:4.94, Inflammation Score:-2, Nutrition Score:1.6908695558491%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 114.96kcal (5.75%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 11.87g (3.96%), Net Carbohydrates: 11.7g (4.26%), Sugar: 11.13g (12.37%), Cholesterol: 0mg (0%), Sodium: 54.31mg (2.36%), Alcohol: 10.02g (100%), Alcohol %: 3.22% (100%), Protein: 0.27g (0.54%), Vitamin C: 7.45mg (9.04%), Vitamin E: 0.83mg (5.5%), Vitamin K: 4.41µg (4.2%), Copper: 0.06mg (3.16%), Vitamin B6: 0.05mg (2.3%), Zinc: 0.31mg (2.06%), Calcium: 19.36mg (1.94%), Magnesium: 6.95mg (1.74%), Potassium: 56.77mg (1.62%), Vitamin B2: 0.02mg (1.31%), Iron: 0.2mg (1.13%), Phosphorus: 10.24mg (1.02%)