



Sparkling Cranberry Tea Cocktails



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



144 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2.5 cups no-sugar-added cranberry juice
- ☐ 4 cups ginger ale chilled
- ☐ 0.3 cup grand marnier orange-flavored (liqueur)
- ☐ 0.5 cup sugar
- ☐ 2 family-sized tea bags
- ☐ 1 cup vodka
- ☐ 4 cups water

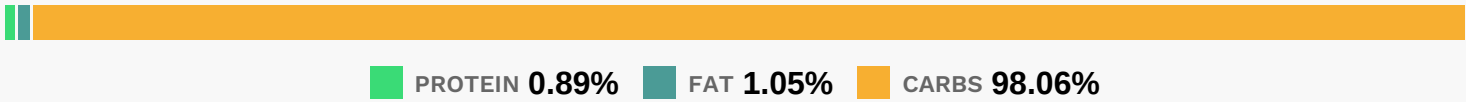
Equipment

☐ sauce pan

Directions

- ☐ Combine 4 cups water and sugar in a large saucepan; bring to a boil. Cook until sugar dissolves, stirring occasionally.
- ☐ Pour over tea bags. Cover and let stand 5 minutes; discard tea bags. Cool. Stir in juice, vodka, and Grand Marnier; chill.
- ☐ Gently stir in ginger ale.
- ☐ Serve over ice; garnish with rind, if desired.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:13.73, Inflammation Score:-1, Nutrition Score:1.1582608644081%

Nutrients (% of daily need)

Calories: 144.42kcal (7.22%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 23.15g (8.42%), Sugar: 23.28g (25.87%), Cholesterol: 0mg (0%), Sodium: 11.18mg (0.49%), Alcohol: 7.96g (100%), Alcohol %: 4.13% (100%), Protein: 0.21g (0.42%), Vitamin C: 4.9mg (5.94%), Vitamin E: 0.63mg (4.22%), Copper: 0.06mg (3.02%), Vitamin K: 2.69µg (2.56%), Iron: 0.28mg (1.57%), Vitamin B6: 0.03mg (1.37%), Potassium: 43.21mg (1.23%), Magnesium: 4.89mg (1.22%)