



## Sparkling Pomegranate Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



68 kcal

### Ingredients

- 2 cups pomegranate juice (such as pom Wonderful)
- 1.5 cups seltzer water lemon-flavored
- 0.5 cup vodka plain

### Equipment

### Directions

- Combine first 3 ingredients in a pitcher.
- Pour 1/2 cup into each of 8 ice-filled glasses.

Garnish with lemon rind strips, if desired.

## Nutrition Facts

**PROTEIN 1.08%** **FAT 4.69%** **CARBS 94.23%**

### Properties

Glycemic Index:1.88, Glycemic Load:0, Inflammation Score:0, Nutrition Score:1.2482608783504%

### Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

### Nutrients (% of daily need)

Calories: 68.26kcal (3.41%), Fat: 0.18g (0.28%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 8.15g (2.72%), Net Carbohydrates: 8.09g (2.94%), Sugar: 7.84g (8.72%), Cholesterol: 0mg (0%), Sodium: 15.07mg (0.66%), Alcohol: 5.01g (100%), Alcohol %: 5.22% (100%), Protein: 0.09g (0.19%), Vitamin K: 6.47µg (6.17%), Potassium: 134.25mg (3.84%), Folate: 14.94µg (3.73%), Manganese: 0.06mg (2.98%), Vitamin B5: 0.18mg (1.77%), Vitamin E: 0.24mg (1.58%), Vitamin B6: 0.02mg (1.25%), Magnesium: 4.8mg (1.2%)