



Sparkling Pomegranate Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



39 kcal

SIDE DISH

Ingredients

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

Equipment

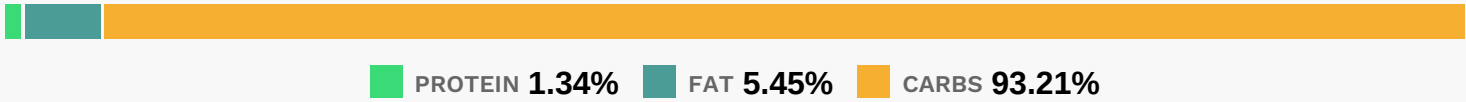
Directions

- ☐ Combine first 3 ingredients in a pitcher.

- ☐
- Pour 1/2 cup into each of 8 ice-filled glasses.

☐

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.4956521715807%

Flavonoids

Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg Petunidin: 1.76mg, Petunidin: 1.76mg, Petunidin: 1.76mg, Petunidin: 1.76mg Delphinidin: 2.6mg, Delphinidin: 2.6mg, Delphinidin: 2.6mg, Delphinidin: 2.6mg Malvidin: 4.81mg, Malvidin: 4.81mg, Malvidin: 4.81mg, Malvidin: 4.81mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 38.56kcal (1.93%), Fat: 0.24g (0.37%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 9.34g (3.11%), Net Carbohydrates: 9.01g (3.28%), Sugar: 8.66g (9.62%), Cholesterol: 0mg (0%), Sodium: 15.02mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.27%), Vitamin K: 8.06µg (7.68%), Potassium: 139.33mg (3.98%), Folate: 15.62µg (3.9%), Manganese: 0.07mg (3.69%), Vitamin B5: 0.19mg (1.9%), Vitamin E: 0.28mg (1.89%), Vitamin B6: 0.03mg (1.53%), Magnesium: 5.29mg (1.32%), Fiber: 0.32g (1.3%)