



Sparkling Sea Breeze

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



4 min.

SERVINGS



4

CALORIES



482 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups cranberry juice cocktail chilled
- 4 servings grapefruit
- 2 cups grapefruit juice chilled
- 750 ml wine chilled
- 1 cup vodka chilled

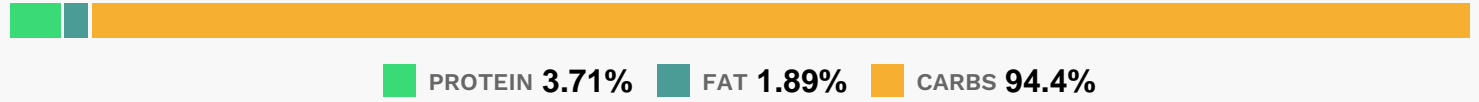
Equipment

- bowl

Directions

- Combine first 3 ingredients in a pitcher or punch bowl. Gently stir in sparkling wine.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:20.72, Inflammation Score:-9, Nutrition Score:11.294347856356%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 50.99mg, Naringenin: 50.99mg, Naringenin: 50.99mg, Naringenin: 50.99mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 481.84kcal (24.09%), Fat: 0.46g (0.71%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 51.6g (17.2%), Net Carbohydrates: 49.02g (17.82%), Sugar: 40.47g (44.97%), Cholesterol: 0mg (0%), Sodium: 15mg (0.65%), Alcohol: 39.63g (100%), Alcohol %: 7.74% (100%), Protein: 2.03g (4.05%), Vitamin C: 133.3mg (161.58%), Vitamin A: 1789.38IU (35.79%), Manganese: 0.32mg (15.86%), Potassium: 552.41mg (15.78%), Magnesium: 45.95mg (11.49%), Fiber: 2.58g (10.33%), Vitamin B6: 0.18mg (8.84%), Phosphorus: 79.2mg (7.92%), Iron: 1.24mg (6.9%), Vitamin B5: 0.67mg (6.73%), Calcium: 64.23mg (6.42%), Folate: 24.28µg (6.07%), Vitamin B1: 0.08mg (5.25%), Vitamin B2: 0.08mg (4.73%), Vitamin B3: 0.93mg (4.63%), Copper: 0.08mg (3.78%), Zinc: 0.49mg (3.28%), Vitamin E: 0.48mg (3.19%), Vitamin K: 2.03µg (1.93%)