



Strawberry Spritzers

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



8

CALORIES



128 kcal

BEVERAGE

DRINK

Ingredients

- 3 cups strawberries fresh cut in half
- 0.3 cup pear liqueur orange-flavored
- 750 milliliters wine dry white chilled
- 1 liter seltzer water chilled
- 1 serving strawberries whole
- 1 leaves mint leaves

Equipment

- blender

Directions

- In blender, place strawberry halves and liqueur. Cover; blend on high speed about 30 seconds or until smooth.
- Pour about 3 tablespoons strawberry mixture over ice in each of 8 glasses. Stir about 1/3 cup wine and 1/2 cup mineral water into each glass.
- Garnish side of glass with whole strawberry and mint leaves.

Nutrition Facts

PROTEIN 4.6% **FAT 4.07%** **CARBS 91.33%**

Properties

Glycemic Index:11.88, Glycemic Load:2.01, Inflammation Score:-5, Nutrition Score:5.20217396902%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.97mg, Catechin: 2.97mg, Catechin: 2.97mg, Catechin: 2.97mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 128.22kcal (6.41%), Fat: 0.22g (0.33%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 9.47g (3.44%), Sugar: 7.31g (8.12%), Cholesterol: 0mg (0%), Sodium: 31.73mg (1.38%), Alcohol: 12.78g (100%), Alcohol %: 5.41% (100%), Protein: 0.55g (1.1%), Vitamin C: 42.34mg (51.32%), Manganese: 0.39mg (19.53%), Fiber: 1.44g (5.76%), Potassium: 180.22mg (5.15%), Magnesium: 20.13mg (5.03%), Folate: 18.24µg (4.56%), Vitamin B6: 0.08mg (4.07%), Phosphorus: 34.4mg (3.44%), Iron: 0.56mg (3.14%), Calcium: 26.34mg (2.63%), Copper: 0.05mg (2.29%), Zinc: 0.34mg (2.27%), Vitamin B3: 0.38mg (1.9%), Vitamin K: 1.96µg (1.87%), Vitamin B2:

0.03mg (1.77%), Vitamin B1: 0.02mg (1.47%), Vitamin E: 0.21mg (1.39%), Vitamin B5: 0.13mg (1.33%)