



Sweet Tea Spritzer

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



159 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- 5 cups ice cubes
- 0.5 cup juice of lemon fresh
- 12 oz lemon-lime drink soft canned
- 1 cup vodka sweet tea-flavored

Equipment

Directions

- Stir together cranberry juice, vodka, and lemon juice in a large pitcher. Stir in ice cubes, and top with lemon-lime soft drink. Gently stir.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.83, Glycemic Load:5.71, Inflammation Score:-3, Nutrition Score:2.2891304800692%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 158.91kcal (7.95%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 17.6g (5.87%), Net Carbohydrates: 17.45g (6.35%), Sugar: 16.49g (18.33%), Cholesterol: 0mg (0%), Sodium: 17.82mg (0.77%), Alcohol: 13.36g (100%), Alcohol %: 4.25% (100%), Caffeine: 8.5mg (2.83%), Protein: 0.45g (0.9%), Vitamin C: 15.71mg (19.04%), Vitamin E: 1.04mg (6.95%), Copper: 0.09mg (4.26%), Vitamin K: 4.3µg (4.1%), Vitamin B6: 0.05mg (2.66%), Potassium: 86.85mg (2.48%), Magnesium: 8.82mg (2.2%), Calcium: 15.02mg (1.5%), Phosphorus: 14.59mg (1.46%), Iron: 0.24mg (1.35%), Vitamin B2: 0.02mg (1.24%), Folate: 4.91µg (1.23%)