

T-Bird Blush



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



282 kcal

BEVERAGE

DRINK

Ingredients

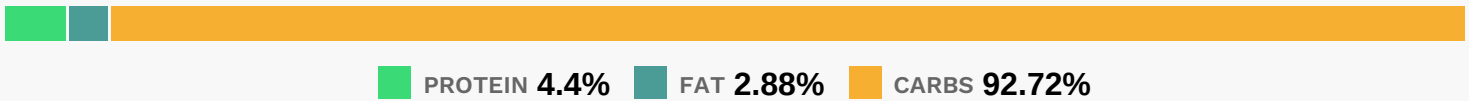
- ☐ 2 tablespoons cranberries whole canned
- ☐ 3 ounces 1/4 cup dried cranberry (juice sweetened if possible) white
- ☐ 0.5 cup ice cubes
- ☐ 0.5 juice of lime juiced
- ☐ 1 lime wedges
- ☐ 0.3 cup mint leaves
- ☐ 1 teaspoon sugar green (baking section of grocery store)
- ☐ 3 ounces vodka

Equipment

Directions

- ☐
- Put ice in a mixing glass, add cranberries and mint and muddle.
- ☐
- Add in cranberry juice, lime juice and vodka, shake vigorously 10 times. Rub rim of martini glass with lime wedge, dip in green sugar. Strain drink mixture into glass, garnish with lime wedge and serve.

Nutrition Facts



Properties

Glycemic Index:218.09, Glycemic Load:10.12, Inflammation Score:-7, Nutrition Score:5.7139130286548%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Delphinidin: 2.27mg, Delphinidin: 2.27mg, Delphinidin: 2.27mg, Delphinidin: 2.27mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 14.54mg, Peonidin: 14.54mg, Peonidin: 14.54mg, Peonidin: 14.54mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 3.81mg, Eriodictyol: 3.81mg, Eriodictyol: 3.81mg, Eriodictyol: 3.81mg Hesperetin: 10.23mg, Hesperetin: 10.23mg, Hesperetin: 10.23mg, Hesperetin: 10.23mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 1.96mg, Myricetin: 1.96mg, Myricetin: 1.96mg, Myricetin: 1.96mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 281.61kcal (14.08%), Fat: 0.31g (0.48%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 20.12g (7.32%), Sugar: 16.1g (17.89%), Cholesterol: 0mg (0%), Sodium: 13.25mg (0.58%), Alcohol: 28.41g (100%), Alcohol %: 9.83% (100%), Protein: 1.08g (2.16%), Vitamin C: 25.37mg (30.75%), Manganese: 0.24mg (12.15%), Vitamin A: 550.42IU (11.01%), Fiber: 2.61g (10.45%), Vitamin E: 1.48mg (9.89%), Copper: 0.14mg (7.19%), Vitamin K: 6.01µg (5.73%), Iron: 0.98mg (5.47%), Potassium: 190mg (5.43%), Magnesium: 19.34mg (4.84%), Calcium: 48.14mg (4.81%), Vitamin B6: 0.09mg (4.45%), Folate: 16.91µg (4.23%), Vitamin B2: 0.06mg (3.75%), Phosphorus:

32.11mg (3.21%), Vitamin B1: 0.03mg (2.26%), Zinc: 0.28mg (1.87%), Vitamin B5: 0.18mg (1.83%), Vitamin B3: 0.36mg (1.78%)