



Tangy Cranberry Coolers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



36 kcal

BEVERAGE

DRINK

Ingredients

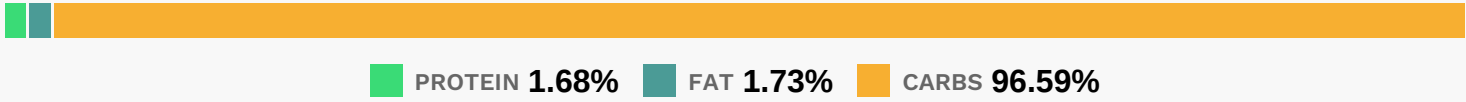
- ☐ 0.5 cup apple juice unsweetened chilled
- ☐ 0.8 cup cranberry juice cocktail chilled
- ☐ 6 ounce pink grapefruit juice unsweetened chilled canned
- ☐ 2 tablespoons juice of lime fresh chilled
- ☐ 1 tablespoon sugar

Equipment

Directions

- ☐ Combine cranberry juice, apple juice, lime juice, sugar, and grapefruit juice in a small pitcher, stirring well.
- ☐ Serve juice mixture over ice.
- ☐ Garnish with lime slices, if desired.

Nutrition Facts



Properties

Glycemic Index:27.36, Glycemic Load:4.79, Inflammation Score:-1, Nutrition Score:1.2756521351959%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 36.43kcal (1.82%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 9.06g (3.29%), Sugar: 8.21g (9.13%), Cholesterol: 0mg (0%), Sodium: 1.61mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Vitamin C: 17.02mg (20.63%), Potassium: 57.84mg (1.65%), Manganese: 0.02mg (1.18%)