



The Ultimate Cosmopolitan

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



266 kcal

BEVERAGE

DRINK

Ingredients

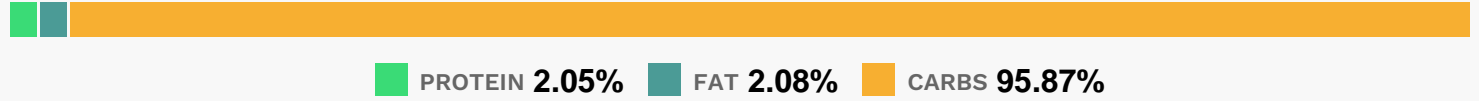
- 6 fluid ounces 1/4 cup dried cranberry (juice sweetened if possible)
- 1 ounce juice of lemon fresh
- 1 tablespoon juice of lime fresh
- 1 fluid ounce peach schnapps
- 1 fluid ounce triple sec orange-flavored (liqueur)
- 4 fluid ounces vodka

Equipment

Directions

Pour the vodka, triple sec, schnapps, cranberry juice, lemon juice, and lime juice into a cocktail shaker over ice. Cover, and roll the shaker around gently for 30 seconds. Don't shake the cocktail, or the cosmo will froth. Strain into chilled martini glasses to serve.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:6.01, Inflammation Score:-4, Nutrition Score:2.3091303848702%

Flavonoids

Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg Hesperetin: 2.72mg, Hesperetin: 2.72mg, Hesperetin: 2.72mg, Hesperetin: 2.72mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 265.95kcal (13.3%), Fat: 0.2g (0.31%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 20.68g (6.89%), Net Carbohydrates: 20.52g (7.46%), Sugar: 19.41g (21.57%), Cholesterol: 0mg (0%), Sodium: 3.84mg (0.17%), Alcohol: 23.6g (100%), Alcohol %: 15.02% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.44g (0.88%), Vitamin C: 15.99mg (19.38%), Vitamin E: 1.1mg (7.35%), Vitamin K: 4.57µg (4.35%), Copper: 0.06mg (3.25%), Vitamin B6: 0.06mg (2.77%), Potassium: 96.71mg (2.76%), Magnesium: 7.22mg (1.8%), Phosphorus: 17.56mg (1.76%), Vitamin B2: 0.03mg (1.48%), Iron: 0.25mg (1.41%), Vitamin B1: 0.02mg (1.12%), Folate: 4.47µg (1.12%)