



Vampire Bite Mocktail

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



228 kcal

BEVERAGE

DRINK

Ingredients

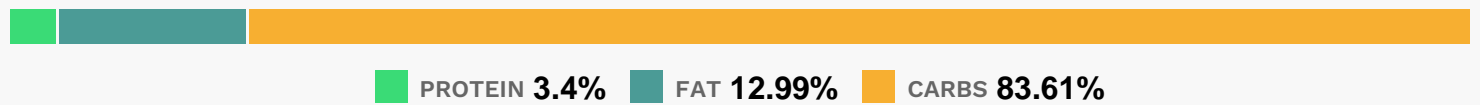
- 0.5 cup apple juice chilled
- 2 cups 1/4 cup dried cranberry (juice sweetened if possible) chilled
- 0.3 cup grenadine syrup
- 4 gummy vampire teeth
- 1 tube candy gel red
- 1.5 cups seltzer water chilled

Equipment

Directions

- In a pitcher combine the cranberry juice, apple juice and grenadine. Stir together then add the seltzer water.
- Squeeze the candy gel onto a small plate. Rim the edges of 4 low-ball glasses in the candy gel.
- Pour in the drink evenly into the glasses.
- Garnish each glass with the gummy vampire teeth and serve.

Nutrition Facts



Properties

Glycemic Index:49.19, Glycemic Load:23.36, Inflammation Score:-1, Nutrition Score:2.8291304500207%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 228.15kcal (11.41%), Fat: 3.42g (5.26%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 49.46g (16.49%), Net Carbohydrates: 48.9g (17.78%), Sugar: 40.62g (45.13%), Cholesterol: 2.06mg (0.69%), Sodium: 41.3mg (1.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Vitamin C: 12.13mg (14.7%), Vitamin E: 1.52mg (10.14%), Vitamin K: 6.45µg (6.14%), Copper: 0.08mg (4.19%), Potassium: 136.09mg (3.89%), Vitamin B6: 0.07mg (3.57%), Calcium: 34.19mg (3.42%), Iron: 0.54mg (3.01%), Magnesium: 10.83mg (2.71%), Fiber: 0.56g (2.24%), Phosphorus: 19.42mg (1.94%), Vitamin B2: 0.03mg (1.77%), Vitamin A: 88.04IU (1.76%), Zinc: 0.25mg (1.65%), Vitamin B1: 0.02mg (1.19%), Manganese: 0.02mg (1.19%)