



Vodka & cranberry blush



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



79 kcal

BEVERAGE

DRINK

Ingredients

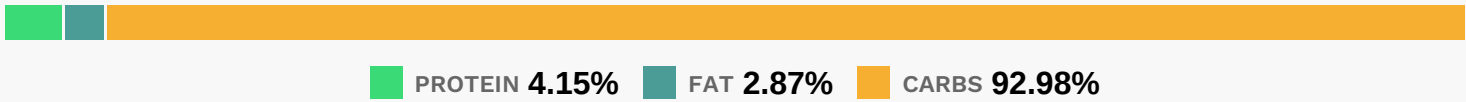
- ☐ 200 ml vodka and cointreau
- ☐ 600 ml 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 400 ml orange juice
- ☐ 1 strips peel from 2-3 limes
- ☐ 12 servings ice cubes crushed

Equipment

Directions

- ☐ Pour the vodka and Cointreau into a jug, then add the cranberry juice and orange juice. Stir well.
- ☐ Pare strips of peel from 2–3 limes. Fill 12 glasses with the crushed ice, then pour over the cocktail. Finish each glass with a strip of lime peel.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:5.48, Inflammation Score:-3, Nutrition Score:2.533043452579%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 4.21mg, Hesperetin: 4.21mg, Hesperetin: 4.21mg, Hesperetin: 4.21mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 79.4kcal (3.97%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 10.17g (3.39%), Net Carbohydrates: 10.04g (3.65%), Sugar: 9.41g (10.45%), Cholesterol: 0mg (0%), Sodium: 1.64mg (0.07%), Alcohol: 5.65g (100%), Alcohol %: 6.73% (100%), Protein: 0.45g (0.91%), Vitamin C: 22.47mg (27.23%), Vitamin E: 0.66mg (4.37%), Potassium: 111.31mg (3.18%), Folate: 11.02µg (2.76%), Vitamin K: 2.76µg (2.63%), Vitamin B1: 0.04mg (2.48%), Copper: 0.05mg (2.33%), Vitamin B6: 0.04mg (2.09%), Vitamin A: 93.98IU (1.88%), Magnesium: 7.07mg (1.77%), Phosphorus: 13.75mg (1.38%), Vitamin B2: 0.02mg (1.25%), Iron: 0.21mg (1.14%)