



White Cranberry Spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



79 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups seltzer water chilled
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 12 servings ice crushed
- ☐ 0.3 cup juice of lime fresh
- ☐ 12 mint leaves
- ☐ 1.5 cups rum white
- ☐ 2 tablespoons sugar

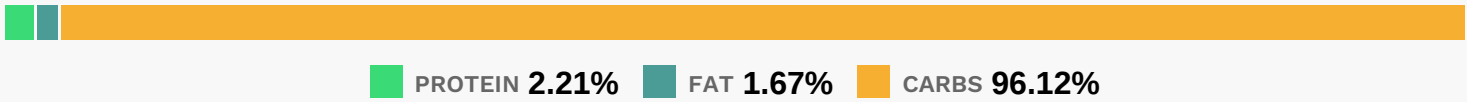
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine cranberry juice, sugar, rosemary, and 12 mint leaves in a small saucepan; bring to a boil.
- ☐ Remove from heat; cool to room temperature. Strain juice mixture through a sieve into a bowl; discard solids. Stir in lime juice; cover and refrigerate.
- ☐ Combine juice mixture, club soda, and rum in a large pitcher; stir well to combine.
- ☐ Serve mixture over crushed ice.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.09, Glycemic Load:1.4, Inflammation Score:-1, Nutrition Score:0.40956521495853%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 78.97kcal (3.95%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 2.47g (0.9%), Sugar: 2.08g (2.31%), Cholesterol: 0mg (0%), Sodium: 13.2mg (0.57%), Alcohol: 10.02g (100%), Alcohol %: 12.93% (100%), Protein: 0.06g (0.12%), Vitamin C: 1.83mg (2.22%)