

# Cranberry Orange Sparklers

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## Servings: 8

*2 cups red wine (such as Pinot Noir)*

*1 cup cranberry juice*

*1 cup orange juice*

*1/2 cup raspberry liqueur*

*lemon-lime soda*

*orange peel*

In a large pitcher, combine the red wine, cranberry juice, orange juice and raspberry liqueur.

Refrigerate for two hours. Stir well.

Place a couple of ice cubes in each of eight wine glasses.

Fill almost to the top with the wine mixture.

Add a splash of chilled lemon-lime soda to each glass.

Garnish with a thin slice of orange peel.

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Per Serving (excluding unknown items): 79 Calories; trace Fat (1.6% calories from fat); trace Protein; 12g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit.

Beverages

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	79
<b>% Calories from Fat:</b>	1.6%
<b>% Calories from Carbohydrates:</b>	96.6%
<b>% Calories from Protein:</b>	1.7%
<b>Total Fat (g):</b>	trace
<b>Saturated Fat (g):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace
<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	12g

<b>Vitamin B6 (mg):</b>	trace
<b>Vitamin B12 (mcg):</b>	0mcg
<b>Thiamin B1 (mg):</b>	trace
<b>Riboflavin B2 (mg):</b>	trace
<b>Folacin (mcg):</b>	17mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	48
<b>% Refuse:</b>	0.0%

## Food Exchanges

**Dietary Fiber (g):** trace  
**Protein (g):** trace  
**Sodium (mg):** 1mg  
**Potassium (mg):** 68mg  
**Calcium (mg):** 4mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 27mg  
**Vitamin A (i.u.):** 63IU  
**Vitamin A (r.e.):** 15 1/2RE

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 8

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### Amount Per Serving

**Calories** 79 **Calories from Fat:** 1

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#### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1mg	0%
<b>Total Carbohydrates</b>	12g	4%
Dietary Fiber	trace	0%
<b>Protein</b>	trace	

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<b>Vitamin A</b>		1%
<b>Vitamin C</b>		44%
<b>Calcium</b>		0%
<b>Iron</b>		1%

\* Percent Daily Values are based on a 2000 calorie diet.