



Alligator Swamp Water

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 fluid ounce jigger melon liqueur
- 0.5 cup orange juice cold

Equipment

Directions

- Fill a highball glass with ice.
- Pour in melon liqueur and orange juice. Stir, and serve.

Nutrition Facts

PROTEIN 5.17% FAT 1.78% CARBS 93.05%

Properties

Glycemic Index:52, Glycemic Load:6.58, Inflammation Score:-5, Nutrition Score:5.5365218257774%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 174.23kcal (8.71%), Fat: 0.25g (0.38%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 29.17g (9.72%), Net Carbohydrates: 28.93g (10.52%), Sugar: 26.54g (29.49%), Cholesterol: 0mg (0%), Sodium: 1.24mg (0.05%), Alcohol: 7.41g (100%), Alcohol %: 5.58% (100%), Protein: 1.62g (3.24%), Vitamin C: 62mg (75.15%), Folate: 37.2µg (9.3%), Vitamin B1: 0.11mg (7.44%), Potassium: 248mg (7.09%), Vitamin A: 248IU (4.96%), Magnesium: 13.64mg (3.41%), Copper: 0.05mg (2.73%), Vitamin B6: 0.05mg (2.48%), Vitamin B3: 0.5mg (2.48%), Vitamin B5: 0.24mg (2.36%), Vitamin B2: 0.04mg (2.19%), Phosphorus: 21.08mg (2.11%), Iron: 0.25mg (1.38%), Calcium: 13.64mg (1.36%)