

Amaretto fizz



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



10

CALORIES



102 kcal

BEVERAGE

DRINK

Ingredients

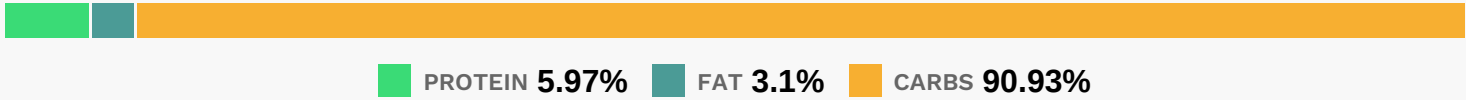
- ☐ 600 ml orange juice
- ☐ 150 cl sparkling wine
- ☐ 1 strips orange zest
- ☐ 400 ml frangelico
- ☐ 400 ml frangelico

Equipment

Directions

- ☐ Mix Disaronno, orange juice and sparkling wine in a jug.
- ☐ Add a strip orange zest to each glass, if you like.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:3.34, Inflammation Score:-6, Nutrition Score:3.6913042682344%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.52mg, Hesperetin: 7.52mg, Hesperetin: 7.52mg, Hesperetin: 7.52mg Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 101.9kcal (5.09%), Fat: 0.13g (0.19%), Saturated Fat: 0.02g (0.09%), Carbohydrates: 8.32g (2.77%), Net Carbohydrates: 8.18g (2.98%), Sugar: 7.01g (7.79%), Cholesterol: 0mg (0%), Sodium: 11.13mg (0.48%), Alcohol: 9.6g (100%), Alcohol %: 5.71% (100%), Protein: 0.55g (1.09%), Vitamin C: 31.58mg (38.28%), Potassium: 258mg (7.37%), Magnesium: 21.94mg (5.49%), Folate: 20.4µg (5.1%), Iron: 0.73mg (4.04%), Vitamin B1: 0.06mg (3.78%), Phosphorus: 33.21mg (3.32%), Vitamin B6: 0.06mg (2.77%), Vitamin A: 126.21IU (2.52%), Copper: 0.04mg (2.21%), Calcium: 20.58mg (2.06%), Vitamin B3: 0.4mg (2.01%), Vitamin B2: 0.03mg (2%), Vitamin B5: 0.12mg (1.2%), Zinc: 0.15mg (1.01%)