



Amaretto Sweet and Sour

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



163 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 fluid ounces amaretto
- 2 fluid ounces orange juice
- 2 fluid ounces frangelico sweet sour
- 2 fluid ounces frangelico sweet sour

Equipment

Directions

Fill a glass with ice, and pour in the amaretto, orange juice, and sweet and sour mix. Stir together and serve.

Nutrition Facts

PROTEIN 2.14% **FAT 2.64%** **CARBS 95.22%**

Properties

Glycemic Index:52, Glycemic Load:3.14, Inflammation Score:-4, Nutrition Score:2.7908695753178%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 7.07mg, Hesperetin: 7.07mg, Hesperetin: 7.07mg, Hesperetin: 7.07mg Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 163.23kcal (8.16%), Fat: 0.25g (0.39%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 20.43g (6.81%), Net Carbohydrates: 20.31g (7.39%), Sugar: 19.25g (21.39%), Cholesterol: 0mg (0%), Sodium: 4.14mg (0.18%), Alcohol: 11.53g (100%), Alcohol %: 14.12% (100%), Caffeine: 11.53mg (3.84%), Protein: 0.46g (0.92%), Vitamin C: 29.57mg (35.84%), Folate: 17.74µg (4.44%), Potassium: 131.59mg (3.76%), Vitamin B1: 0.05mg (3.67%), Vitamin A: 118.28IU (2.37%), Copper: 0.04mg (2.19%), Magnesium: 7.84mg (1.96%), Vitamin B3: 0.3mg (1.5%), Vitamin B2: 0.02mg (1.36%), Phosphorus: 12.72mg (1.27%), Vitamin B6: 0.02mg (1.18%), Vitamin B5: 0.11mg (1.12%)