



Campari and Blood Orange Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



134 kcal

BEVERAGE

DRINK

Ingredients

- 1 slice blood oranges thin
- 4 ounces blood orange juice
- 1 ounce campari
- 1 serving soda orange flavored
- 1 serving ice cubes
- 1 serving mint sprig

Equipment

Directions

- Put ice cubes in a rocks glass.
- Add the Campari, blood orange juice, and a splash of soda (don't mix).
- Garnish with an orange slice and a mint sprig.

Nutrition Facts



PROTEIN 4.23% FAT 2.5% CARBS 93.27%

Properties

Glycemic Index:94.5, Glycemic Load:6.57, Inflammation Score:-6, Nutrition Score:6.0078260594088%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 17.47mg, Hesperetin: 17.47mg, Hesperetin: 17.47mg, Hesperetin: 17.47mg Naringenin: 4.57mg, Naringenin: 4.57mg, Naringenin: 4.57mg, Naringenin: 4.57mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 134kcal (6.7%), Fat: 0.25g (0.39%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 21.25g (7.08%), Net Carbohydrates: 20.61g (7.49%), Sugar: 10.83g (12.04%), Cholesterol: 0mg (0%), Sodium: 4.45mg (0.19%), Alcohol: 6.44g (100%), Alcohol %: 3.82% (100%), Protein: 0.96g (1.93%), Vitamin C: 64.46mg (78.14%), Folate: 39.36µg (9.84%), Vitamin B1: 0.12mg (7.67%), Potassium: 257.85mg (7.37%), Vitamin A: 300.78IU (6.02%), Magnesium: 15.24mg (3.81%), Copper: 0.07mg (3.43%), Vitamin B6: 0.05mg (2.75%), Fiber: 0.64g (2.57%), Vitamin B3: 0.51mg (2.55%), Vitamin B5: 0.25mg (2.54%), Vitamin B2: 0.04mg (2.49%), Calcium: 22.23mg (2.22%), Phosphorus: 21.97mg (2.2%), Iron: 0.29mg (1.62%), Manganese: 0.03mg (1.56%)