



Campari-Orange Sodas

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



50 kcal

BEVERAGE

DRINK

Ingredients

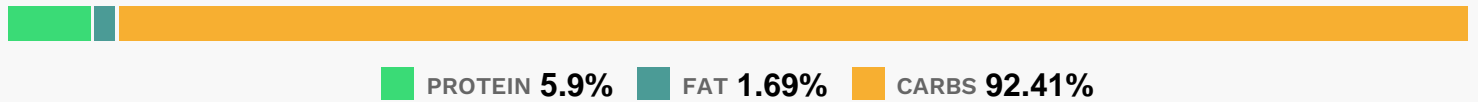
- 2 oz campari
- 8 servings club soda
- 4 oranges

Equipment

Directions

- Fill eight tall glasses (at least 12 oz.) with ice cubes. Rinse four oranges and cut a 1/4-inch crosswise slice from the middle of each.
- Cut each slice in half to form two half-moons. Squeeze juice from one of each of the eight remaining orange halves into each ice-filled glass.
- Pour 1/4 cup (2 oz.) Campari into each glass. Fill glasses with club soda and garnish rim of each glass with a half-slice of orange. Stir before drinking.
- Nutritional analysis per drink.

Nutrition Facts



Properties

Glycemic Index:5.31, Glycemic Load:2.62, Inflammation Score:-4, Nutrition Score:3.4373913809009%

Flavonoids

Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 49.71kcal (2.49%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 8.07g (2.93%), Sugar: 6.12g (6.8%), Cholesterol: 0mg (0%), Sodium: 0.21mg (0.01%), Alcohol: 1.61g (100%), Alcohol %: 2.77% (100%), Protein: 0.62g (1.23%), Vitamin C: 34.85mg (42.24%), Fiber: 1.57g (6.29%), Folate: 19.65µg (4.91%), Vitamin B1: 0.06mg (3.8%), Potassium: 118.57mg (3.39%), Vitamin A: 147.38IU (2.95%), Calcium: 26.25mg (2.63%), Vitamin B6: 0.04mg (1.96%), Magnesium: 6.56mg (1.64%), Vitamin B5: 0.16mg (1.64%), Vitamin B2: 0.03mg (1.54%), Copper: 0.03mg (1.48%)