

Citrus Kiss



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



244 kcal

SIDE DISH

Ingredients

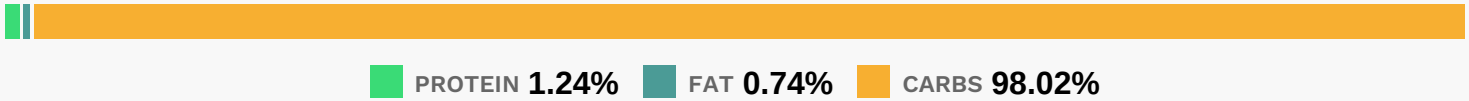
- ☐ 0.3 cup blood orange sparkling cider
- ☐ 1 cup ice cubes
- ☐ 1 serving wedge of lemon
- ☐ 2 tablespoons lemon-lime juice
- ☐ 2 tablespoons simple syrup glaze
- ☐ 2 tbsp caster sugar
- ☐ 1 tablespoon tangerine juice

Equipment

Directions

- ☐ Put sugar on a plate. Run a lemon or lime wedge around the rim of a martini glass to wet it, then twist rim in sugar.
- ☐ Put remaining ingredients in a cocktail shaker and shake until cold, about 1 minute. Strain drink into prepared glass.
- ☐ Bar Essentials: Have these on hand for mixing great mocktails.
- ☐ Simple Syrup: Equal parts sugar and water, heated until the sugar dissolves. (Your yield will be the same as the amount of water you use.)
- ☐ Lemon-Lime Juice: Equal parts freshly squeezed lemon and lime juice, for adding acidity in a flash.
- ☐ Fresh Lemons, Limes, and Oranges: To make juice, wedges for squeezing or moistening the rim of a glass, or twists of zest for extra citrus aroma.
- ☐ Superfine Sugar: Dissolves easily and makes a nice garnish on the rim of a glass.
- ☐ Fresh Herbs: Basil, mint, and tarragon add complexity, texture, and visual appeal.
- ☐ Purchased Ice: For a big party, it's hard to make enough ice at home. Besides cooling, ice helps blend flavors in the shaker.

Nutrition Facts



Properties

Glycemic Index:180.09, Glycemic Load:19.88, Inflammation Score:-4, Nutrition Score:5.4982608265203%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 20.49mg, Hesperetin: 20.49mg, Hesperetin: 20.49mg, Hesperetin: 20.49mg Naringenin: 10.79mg, Naringenin: 10.79mg, Naringenin: 10.79mg, Naringenin: 10.79mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 243.83kcal (12.19%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 64.83g (21.61%), Net Carbohydrates: 62.97g (22.9%), Sugar: 60.94g (67.71%), Cholesterol: 0mg (0%), Sodium: 36.19mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin C: 45.4mg (55.03%), Iron: 1.57mg (8.71%), Vitamin B1: 0.12mg (8.05%), Fiber: 1.85g (7.42%), Folate: 23.48µg (5.87%), Potassium: 195.31mg (5.58%), Vitamin A: 250.92IU (5.02%), Calcium: 46.47mg (4.65%), Copper: 0.09mg (4.46%), Magnesium: 16.62mg (4.16%), Vitamin B2: 0.06mg (3.68%), Vitamin B6: 0.06mg (2.99%), Vitamin B5: 0.22mg (2.21%), Phosphorus: 18.92mg (1.89%), Vitamin B3: 0.31mg (1.54%), Vitamin E: 0.21mg (1.37%), Manganese: 0.03mg (1.37%), Zinc: 0.18mg (1.19%), Selenium: 0.77µg (1.1%)