



Citrus Spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups club soda
- ☐ 2 cups grapefruit juice white
- ☐ 4 slices regular orange
- ☐ 1.3 cups regular orange juice
- ☐ 1 cup sugar

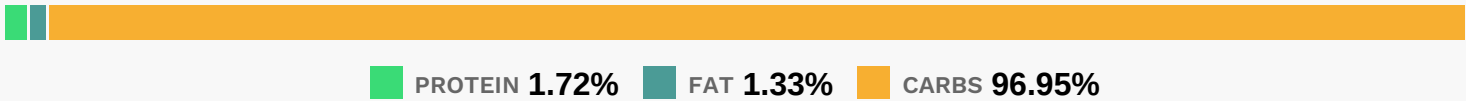
Equipment

- ☐ frying pan

Directions

- ☐ Pour blood orange juice into ice cube trays to just below divider rims. Freeze until solid, at least 2 hours.
- ☐ Meanwhile, in a 1 1/2- to 2-quart pan over high heat, stir 1 cup Melogold juice and sugar until mixture boils and sugar is dissolved, about 5 minutes.
- ☐ Let cool, then cover and chill, at least 2 hours. Or nest pan in ice water and stir often until cold, about 10 minutes.
- ☐ {en juice cubes from trays and divide cubes equally among glasses (about 2 cups each).
- ☐ Pour equal portions of Melogold juice and the chilled fruit juice syrup into each glass, then fill to rim with club soda.
- ☐ Garnish with blood orange slices.

Nutrition Facts



Properties

Glycemic Index:53.15, Glycemic Load:45.29, Inflammation Score:-4, Nutrition Score:6.1408694221274%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 9.53mg, Hesperetin: 9.53mg, Hesperetin: 9.53mg, Hesperetin: 9.53mg Naringenin: 1.81mg, Naringenin: 1.81mg, Naringenin: 1.81mg, Naringenin: 1.81mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 282.13kcal (14.11%), Fat: 0.43g (0.67%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 71.08g (23.69%), Net Carbohydrates: 70.78g (25.74%), Sugar: 69.48g (77.2%), Cholesterol: 0mg (0%), Sodium: 28.48mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin C: 71.02mg (86.09%), Potassium: 351.34mg (10.04%), Folate: 25.91µg (6.48%), Magnesium: 21.61mg (5.4%), Vitamin B1: 0.07mg (4.71%), Iron: 0.66mg (3.69%), Vitamin B3: 0.67mg (3.33%), Vitamin A: 165.51IU (3.31%), Vitamin B5: 0.27mg (2.68%), Phosphorus: 26.3mg (2.63%), Calcium: 24.78mg (2.48%), Copper: 0.05mg (2.26%), Vitamin B2: 0.03mg (1.95%), Zinc: 0.28mg (1.87%), Vitamin B6: 0.03mg (1.58%), Fiber: 0.3g (1.19%)