



## Citrus Wine Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



236 kcal

BEVERAGE

DRINK

### Ingredients

- 10 ounce club soda chilled
- 750 milliliter cooking wine dry white chilled
- 0.5 cup orange liqueur
- 0.3 cup sugar

### Equipment

### Directions

- Stir together first 3 ingredients in a large pitcher until sugar dissolves; stir in club soda.
- Serve over ice, if desired.
- Note: For testing purposes only, we used Triple Sec.

## Nutrition Facts

■ **PROTEIN 0.59%**
■ **FAT 1.06%**
■ **CARBS 98.35%**

### Properties

Glycemic Index:17.02, Glycemic Load:7.57, Inflammation Score:-5, Nutrition Score:1.5321738966133%

### Flavonoids

Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

### Nutrients (% of daily need)

Calories: 235.96kcal (11.8%), Fat: 0.1g (0.16%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 21.52g (7.17%), Net Carbohydrates: 21.52g (7.82%), Sugar: 19.04g (21.16%), Cholesterol: 0mg (0%), Sodium: 21.5mg (0.93%), Alcohol: 21.81g (100%), Alcohol %: 11.4% (100%), Caffeine: 6.14mg (2.05%), Protein: 0.13g (0.26%), Manganese: 0.18mg (9.15%), Magnesium: 16.49mg (4.12%), Vitamin B6: 0.08mg (3.8%), Potassium: 116.45mg (3.33%), Phosphorus: 28.81mg (2.88%), Iron: 0.44mg (2.42%), Calcium: 16.87mg (1.69%), Zinc: 0.25mg (1.65%), Vitamin B2: 0.03mg (1.62%)