

Cos-Mo-Range

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

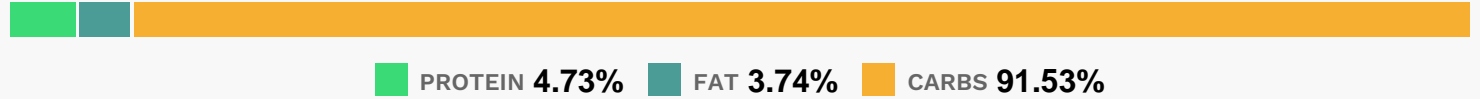
- 1 cup ice crushed
- 1.5 fluid ounces orange juice
- 1.5 fluid ounces optional: lemon
- 0.8 fluid ounce orange liqueur
- 0.8 fluid ounce frangelico sweet sour
- 0.8 fluid ounce frangelico sweet sour

Equipment

Directions

Pour the vodka, Cointreau, orange juice, and sweet and sour mix into a cocktail shaker over ice. Cover, and shake until the outside of the shaker has frosted. Strain into a chilled cocktail glass over crushed ice to serve.

Nutrition Facts



Properties

Glycemic Index:77.5, Glycemic Load:3.09, Inflammation Score:-4, Nutrition Score:4.2773913614776%

Flavonoids

Eriodictyol: 9.55mg, Eriodictyol: 9.55mg, Eriodictyol: 9.55mg, Eriodictyol: 9.55mg Hesperetin: 17.68mg, Hesperetin: 17.68mg, Hesperetin: 17.68mg, Hesperetin: 17.68mg Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 101.13kcal (5.06%), Fat: 0.29g (0.44%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 15.89g (5.3%), Net Carbohydrates: 14.56g (5.29%), Sugar: 11.98g (13.31%), Cholesterol: 0mg (0%), Sodium: 14.93mg (0.65%), Alcohol: 5.77g (100%), Alcohol %: 2.1% (100%), Caffeine: 5.77mg (1.92%), Protein: 0.82g (1.64%), Vitamin C: 45.69mg (55.38%), Fiber: 1.33g (5.32%), Folate: 18.19µg (4.55%), Potassium: 156.57mg (4.47%), Copper: 0.08mg (4.13%), Vitamin B1: 0.06mg (3.9%), Magnesium: 11.46mg (2.86%), Vitamin B6: 0.05mg (2.66%), Calcium: 23.73mg (2.37%), Iron: 0.37mg (2.05%), Vitamin A: 98.47IU (1.97%), Vitamin B5: 0.17mg (1.69%), Phosphorus: 15.97mg (1.6%), Vitamin B2: 0.02mg (1.46%), Vitamin B3: 0.25mg (1.27%), Manganese: 0.02mg (1.16%)