



Fuzzy Navel

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



257 kcal

BEVERAGE

DRINK

Ingredients

- 3 ounces peach schnapps
- 3 ounces orange juice freshly squeezed

Equipment

Directions

- Add the peach schnapps and orange juice into a highball glass over ice, and stir briefly to combine.

Garnish with an orange slice.

Nutrition Facts

PROTEIN 1.99% **FAT 1.28%** **CARBS 96.73%**

Properties

Glycemic Index:52, Glycemic Load:4.51, Inflammation Score:-5, Nutrition Score:3.796956576407%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 10.16mg, Hesperetin: 10.16mg, Hesperetin: 10.16mg, Hesperetin: 10.16mg Naringenin: 1.82mg, Naringenin: 1.82mg, Naringenin: 1.82mg, Naringenin: 1.82mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 256.85kcal (12.84%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 28.75g (10.45%), Sugar: 26.88g (29.86%), Cholesterol: 0mg (0%), Sodium: 0.85mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.19%), Vitamin C: 42.52mg (51.54%), Folate: 25.51µg (6.38%), Vitamin B1: 0.08mg (5.1%), Potassium: 170.1mg (4.86%), Vitamin A: 170.1IU (3.4%), Magnesium: 9.36mg (2.34%), Copper: 0.04mg (1.87%), Vitamin B3: 0.34mg (1.7%), Vitamin B6: 0.03mg (1.7%), Vitamin B5: 0.16mg (1.62%), Vitamin B2: 0.03mg (1.5%), Phosphorus: 14.46mg (1.45%)