



Ginger-Orange Gator Tail Sipper

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



5

CALORIES



519 kcal

SIDE DISH

Ingredients

- 2 liter ginger ale chilled
- 89 oz orange juice
- 46 oz pineapple rings chilled canned

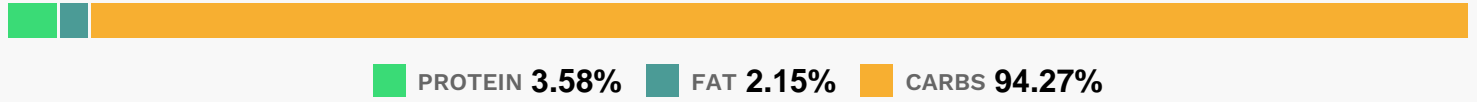
Equipment

Directions

- Stir together orange juice, ginger ale, and pineapple juice.

Serve over ice.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:48.79, Inflammation Score:-9, Nutrition Score:18.649565178415%

Flavonoids

Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg Hesperetin: 60.3mg, Hesperetin: 60.3mg, Hesperetin: 60.3mg, Hesperetin: 60.3mg Naringenin: 10.8mg, Naringenin: 10.8mg, Naringenin: 10.8mg, Naringenin: 10.8mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 519.23kcal (25.96%), Fat: 1.3g (1.99%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 128.02g (42.67%), Net Carbohydrates: 123.62g (44.95%), Sugar: 115.09g (127.88%), Cholesterol: 0mg (0%), Sodium: 35.58mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.73%), Vitamin C: 276.83mg (335.55%), Vitamin B1: 0.72mg (48.01%), Folate: 164.43µg (41.11%), Potassium: 1336.64mg (38.19%), Copper: 0.57mg (28.65%), Magnesium: 98.62mg (24.66%), Vitamin A: 1139.65IU (22.79%), Vitamin B6: 0.4mg (19.87%), Fiber: 4.4g (17.6%), Vitamin B3: 2.76mg (13.8%), Iron: 2.46mg (13.65%), Vitamin B2: 0.21mg (12.13%), Calcium: 109.21mg (10.92%), Phosphorus: 104.04mg (10.4%), Vitamin B5: 0.96mg (9.59%), Manganese: 0.12mg (6.13%), Zinc: 0.71mg (4.75%), Selenium: 1.95µg (2.78%), Vitamin K: 2.33µg (2.22%), Vitamin E: 0.25mg (1.69%)