



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 juice chilled canned

Equipment

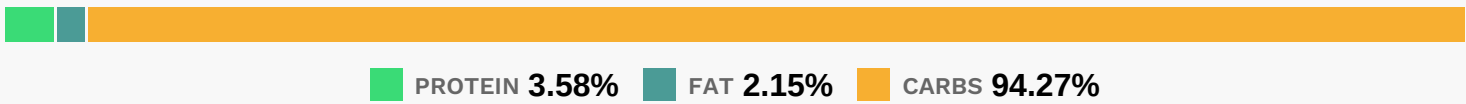
Directions



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%)