



Golden Dream

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



490 kcal

BEVERAGE

DRINK

Ingredients

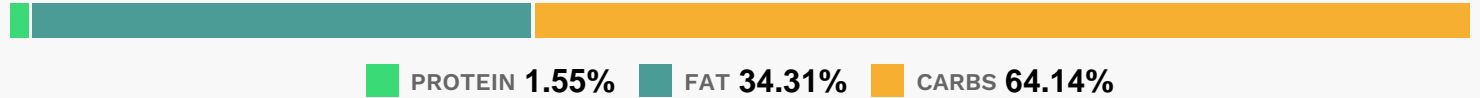
- 2 ounces chartreuse yellow
- 1 ounce cup heavy whipping cream
- 1 serving ice cubes
- 1 ounce orange juice freshly squeezed
- 2 ounces orange liqueur such as cointreau or triple sec

Equipment

Directions

- Place a cocktail glass in the freezer to chill.
- Place the orange liqueur, Chartreuse, orange juice, and cream in a cocktail shaker.
- Add ice to fill the shaker halfway, cover, and shake until the outside is frosted, about 30 seconds. Strain into the chilled glass and serve.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:1.5, Inflammation Score:-6, Nutrition Score:2.6586956427149%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.39mg, Hesperetin: 3.39mg, Hesperetin: 3.39mg, Hesperetin: 3.39mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 489.78kcal (24.49%), Fat: 10.46g (16.09%), Saturated Fat: 6.59g (41.17%), Carbohydrates: 44.01g (14.67%), Net Carbohydrates: 43.95g (15.98%), Sugar: 43.26g (48.07%), Cholesterol: 32.03mg (10.68%), Sodium: 15.27mg (0.66%), Alcohol: 45.94g (100%), Alcohol %: 25.75% (100%), Caffeine: 14.74mg (4.91%), Protein: 1.06g (2.12%), Vitamin C: 14.34mg (17.39%), Vitamin A: 473.44IU (9.47%), Vitamin B2: 0.07mg (4.04%), Vitamin D: 0.45µg (3.02%), Potassium: 100.64mg (2.88%), Phosphorus: 24.66mg (2.47%), Folate: 9.64µg (2.41%), Calcium: 24.08mg (2.41%), Copper: 0.05mg (2.36%), Vitamin B1: 0.03mg (2.23%), Magnesium: 7.36mg (1.84%), Vitamin E: 0.27mg (1.81%), Selenium: 1.05µg (1.5%), Vitamin B5: 0.13mg (1.26%), Vitamin B3: 0.21mg (1.07%), Vitamin B6: 0.02mg (1.06%)