



Grown-Up Orange Juice



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



147 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 eggs
- ☐ 6 ice cubes
- ☐ 2 maraschino cherries for garnish
- ☐ 2 slices cranberry-orange relish for garnish
- ☐ 1 cup orange juice
- ☐ 1.5 fluid ounce jigger rum

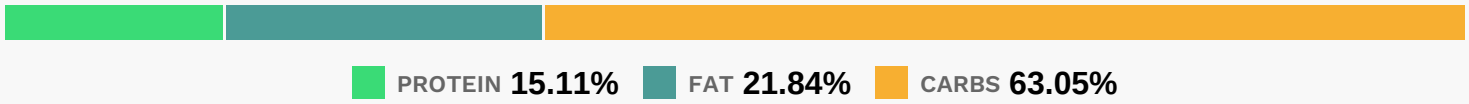
Equipment

- ☐ blender

Directions

- ☐ Pour the orange juice and rum into a blender.
- ☐ Mix in the egg and pulse until smooth.
- ☐ Add the ice cubes and blend. Divide the mixture between two tall glasses and garnish each drink with orange slices and maraschino cherries.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:6.62, Inflammation Score:-6, Nutrition Score:7.7478262548861%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 15.09mg, Hesperetin: 15.09mg, Hesperetin: 15.09mg, Hesperetin: 15.09mg Naringenin: 2.81mg, Naringenin: 2.81mg, Naringenin: 2.81mg, Naringenin: 2.81mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 147.21kcal (7.36%), Fat: 2.35g (3.62%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 15.27g (5.09%), Net Carbohydrates: 14.84g (5.4%), Sugar: 12.53g (13.92%), Cholesterol: 81.84mg (27.28%), Sodium: 35mg (1.52%), Alcohol: 7.41g (100%), Alcohol %: 4.34% (100%), Protein: 3.66g (7.32%), Vitamin C: 62.53mg (75.8%), Folate: 47.84µg (11.96%), Selenium: 6.89µg (9.85%), Vitamin B2: 0.14mg (8.18%), Vitamin B1: 0.12mg (8.17%), Potassium: 281.66mg (8.05%), Vitamin A: 371.3IU (7.43%), Phosphorus: 65.82mg (6.58%), Vitamin B5: 0.58mg (5.78%), Copper: 0.09mg (4.47%), Vitamin B6: 0.09mg (4.4%), Magnesium: 17mg (4.25%), Iron: 0.66mg (3.69%), Vitamin B12: 0.2µg (3.26%), Calcium: 30.32mg (3.03%), Vitamin D: 0.44µg (2.93%), Vitamin B3: 0.52mg (2.59%), Zinc: 0.37mg (2.48%), Vitamin E: 0.28mg (1.9%), Fiber: 0.43g (1.73%), Manganese: 0.03mg (1.42%)