



Harvey Wallbanger Cocktail



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



327 kcal

BEVERAGE

DRINK

Ingredients

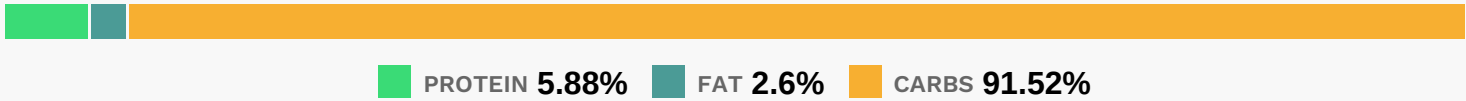
- ☐ 1 serving marischino cherry
- ☐ 0.5 ounce galliano liqueur
- ☐ 1 serving cranberry-orange relish
- ☐ 4 ounce squeezed orange juice fresh
- ☐ 1.5 ounce vodka

Equipment

Directions

- ☐ Shake the vodka and orange juice with ice, strain into an ice-filled highball glass. Use a spoon to carefully float the Galliano on top.
- ☐ Garnish with orange slice and cherry.

Nutrition Facts



Properties

Glycemic Index:131.5, Glycemic Load:13.89, Inflammation Score:-8, Nutrition Score:11.305652195993%

Flavonoids

Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 38.08mg, Hesperetin: 38.08mg, Hesperetin: 38.08mg, Hesperetin: 38.08mg Naringenin: 16.21mg, Naringenin: 16.21mg, Naringenin: 16.21mg, Naringenin: 16.21mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 326.96kcal (16.35%), Fat: 0.61g (0.95%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 48.6g (16.2%), Net Carbohydrates: 43.27g (15.74%), Sugar: 39.61g (44.01%), Cholesterol: 0mg (0%), Sodium: 1.56mg (0.07%), Alcohol: 18.7g (100%), Alcohol %: 5.92% (100%), Protein: 3.12g (6.25%), Vitamin C: 114.38mg (138.64%), Fiber: 5.33g (21.31%), Potassium: 700.92mg (20.03%), Folate: 66.62µg (16.65%), Vitamin B1: 0.22mg (14.69%), Vitamin A: 518.9IU (10.38%), Magnesium: 36.87mg (9.22%), Copper: 0.18mg (8.93%), Vitamin B6: 0.17mg (8.4%), Vitamin B5: 0.72mg (7.19%), Vitamin B2: 0.12mg (7.01%), Manganese: 0.14mg (6.82%), Calcium: 66.67mg (6.67%), Phosphorus: 63.4mg (6.34%), Vitamin B3: 0.92mg (4.61%), Iron: 0.82mg (4.58%), Vitamin K: 3.05µg (2.91%), Vitamin E: 0.31mg (2.04%), Zinc: 0.22mg (1.45%)