



Homemade Orange Soda

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



440 kcal

BEVERAGE

DRINK

Ingredients

- 4 liter lemon-lime drink chilled soft
- 12 ounce pulp-free orange juice concentrate frozen undiluted thawed canned
- 1 to 2 oranges thinly sliced

Equipment

Directions

- Stir together orange juice concentrate and lemon-lime soft drink when ready to serve.

Serve over ice in individual glasses with an orange slice.

Nutrition Facts

PROTEIN 2.29% **FAT 0.4%** **CARBS 97.31%**

Properties

Glycemic Index:8.5, Glycemic Load:1.05, Inflammation Score:-6, Nutrition Score:9.1865217556124%

Flavonoids

Hesperetin: 7.14mg, Hesperetin: 7.14mg, Hesperetin: 7.14mg, Hesperetin: 7.14mg Naringenin: 4.01mg, Naringenin: 4.01mg, Naringenin: 4.01mg, Naringenin: 4.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 440.2kcal (22.01%), Fat: 0.2g (0.31%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 110.19g (36.73%), Net Carbohydrates: 108.88g (39.59%), Sugar: 103.97g (115.53%), Cholesterol: 0mg (0%), Sodium: 84.56mg (3.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 119.7mg (39.9%), Protein: 2.6g (5.19%), Vitamin C: 112.59mg (136.48%), Folate: 60.25µg (15.06%), Vitamin B1: 0.21mg (13.99%), Potassium: 483.37mg (13.81%), Vitamin B6: 0.19mg (9.63%), Magnesium: 34.41mg (8.6%), Vitamin B2: 0.13mg (7.62%), Vitamin A: 316.82IU (6.34%), Fiber: 1.31g (5.24%), Calcium: 52.29mg (5.23%), Vitamin B3: 0.94mg (4.68%), Phosphorus: 45.17mg (4.52%), Vitamin B5: 0.45mg (4.47%), Vitamin E: 0.46mg (3.04%), Copper: 0.05mg (2.6%), Iron: 0.41mg (2.28%), Manganese: 0.04mg (1.96%), Zinc: 0.21mg (1.38%)