

# Jingle Juice

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



10

CALORIES



156 kcal

BEVERAGE

DRINK

## Ingredients

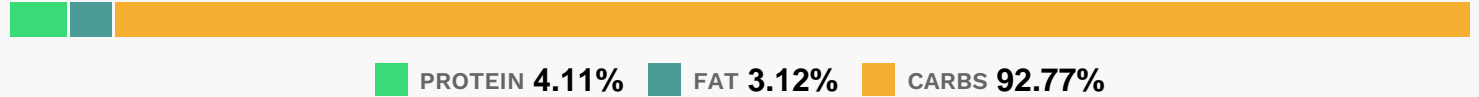
- 1 sticks candy canes with stems, orange and lemon slices
- 0.5 cup maraschino cherries
- 0.3 cup juice of lemon fresh
- 5 cups orange juice
- 0.3 cup orange liqueur
- 1 cup vodka

## Equipment

## Directions

- Stir together orange juice and next 4 ingredients; serve over ice.
- Garnish, if desired.
- Rudolph's Spritzer: Omit vodka and orange liqueur.
- Add 2 cups chilled lemon-lime soft drink. Proceed as directed.

## Nutrition Facts



## Properties

Glycemic Index:6.7, Glycemic Load:6.58, Inflammation Score:-5, Nutrition Score:5.9482609746249%

## Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 15.7mg, Hesperetin: 15.7mg, Hesperetin: 15.7mg, Hesperetin: 15.7mg Naringenin: 2.74mg, Naringenin: 2.74mg, Naringenin: 2.74mg, Naringenin: 2.74mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 156.33kcal (7.82%), Fat: 0.31g (0.48%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 20.82g (6.94%), Net Carbohydrates: 20.17g (7.34%), Sugar: 17.69g (19.66%), Cholesterol: 0mg (0%), Sodium: 2.64mg (0.11%), Alcohol: 10.06g (100%), Alcohol %: 7.33% (100%), Protein: 0.92g (1.85%), Vitamin C: 64.36mg (78.01%), Folate: 38.42µg (9.6%), Vitamin B1: 0.11mg (7.64%), Potassium: 259.37mg (7.41%), Vitamin A: 253.69IU (5.07%), Copper: 0.08mg (3.9%), Magnesium: 14.72mg (3.68%), Vitamin B6: 0.05mg (2.65%), Fiber: 0.64g (2.58%), Vitamin B3: 0.51mg (2.57%), Vitamin B5: 0.25mg (2.5%), Vitamin B2: 0.04mg (2.4%), Phosphorus: 23.59mg (2.36%), Calcium: 20.47mg (2.05%), Iron: 0.31mg (1.73%), Manganese: 0.02mg (1.04%)