



Mock Mimosa

 Vegetarian

READY IN



5 min.

SERVINGS



10

CALORIES



29 kcal

SIDE DISH

Ingredients

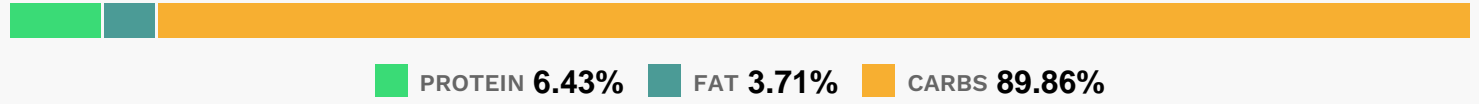
- 2 liter club soda chilled
- 1 tub crystal pineapple orange flavor drink mix light
- 1 cranberry-orange relish seedless cut into 10 slices
- 2 cups orange juice cold

Equipment

Directions

- Dissolve soft drink mix in club soda in a large pitcher.
- Stir in orange juice.
- Pour evenly into 10 glasses.
- Garnish each glass with a fresh orange slice.

Nutrition Facts



Properties

Glycemic Index:9.45, Glycemic Load:3.15, Inflammation Score:-3, Nutrition Score:3.0799999249208%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 9.5mg, Hesperetin: 9.5mg, Hesperetin: 9.5mg, Hesperetin: 9.5mg Naringenin: 3.07mg, Naringenin: 3.07mg, Naringenin: 3.07mg, Naringenin: 3.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 28.91kcal (1.45%), Fat: 0.12g (0.19%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 6.36g (2.31%), Sugar: 5.44g (6.04%), Cholesterol: 0.02mg (0.01%), Sodium: 42.9mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.97%), Vitamin C: 31.77mg (38.51%), Folate: 18.86µg (4.71%), Vitamin B1: 0.06mg (3.77%), Potassium: 127.67mg (3.65%), Vitamin A: 128.9IU (2.58%), Magnesium: 8.86mg (2.21%), Calcium: 20.99mg (2.1%), Copper: 0.04mg (2%), Fiber: 0.41g (1.65%), Zinc: 0.23mg (1.57%), Vitamin B6: 0.03mg (1.41%), Vitamin B5: 0.13mg (1.28%), Vitamin B2: 0.02mg (1.24%), Vitamin B3: 0.24mg (1.2%), Phosphorus: 10.62mg (1.06%)