



Monster Mash Cocktail

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

READY IN



55 min.

SERVINGS



2

CALORIES



213 kcal

BEVERAGE

DRINK

Ingredients

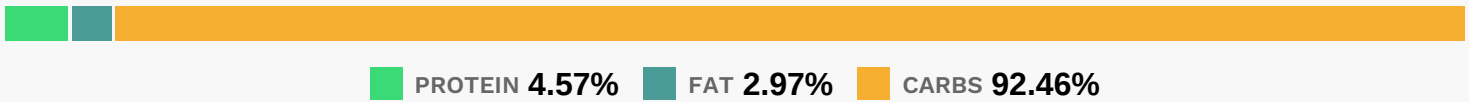
- ☐ 10 gourmet jelly beans
- ☐ 1 cup orange juice chilled
- ☐ 0.5 cup vodka

Equipment

Directions

- ☐ Into glass container, place jelly beans and vodka. Refrigerate until vodka has turned desired shade of purple and vodka is chilled, about 45 minutes.
- ☐ Remove and discard jelly beans.
- ☐ To make cocktails, into each of 2 champagne glasses, pour 1/2 cup orange juice.
- ☐ Place long-handled teaspoon into 1 glass so that it's touching the side like a ramp. Slowly pour vodka over spoon into glass. Repeat with second glass.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:6.58, Inflammation Score:-6, Nutrition Score:5.6065218121461%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg 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: 213.15kcal (10.66%), Fat: 0.25g (0.39%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 17.32g (6.3%), Sugar: 13.92g (15.46%), Cholesterol: 0mg (0%), Sodium: 4.34mg (0.19%), Alcohol: 20.04g (100%), Alcohol %: 13.44% (100%), Protein: 0.87g (1.74%), Vitamin C: 62mg (75.15%), Folate: 37.2µg (9.3%), Vitamin B1: 0.11mg (7.65%), Potassium: 250.45mg (7.16%), Vitamin A: 248IU (4.96%), Magnesium: 13.74mg (3.44%), Copper: 0.06mg (3.1%), Vitamin B6: 0.05mg (2.49%), Vitamin B3: 0.5mg (2.48%), Vitamin B2: 0.04mg (2.47%), Phosphorus: 24.28mg (2.43%), Vitamin B5: 0.24mg (2.36%), Iron: 0.26mg (1.45%), Calcium: 13.79mg (1.38%), Fiber: 0.26g (1.03%)