



Orange Blush

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



97 kcal

SIDE DISH

Ingredients

- 28 ounce club soda chilled
- 2 cups cranberry juice cocktail
- 12 servings ice cubes crushed
- 12 ounce orange juice concentrate frozen undiluted thawed canned
- 0.5 cup sugar

Equipment

Directions

- Combine orange juice concentrate, cranberry juice cocktail, and sugar in a serving pitcher; stir well to dissolve sugar. Chill thoroughly.
- Stir in chilled club soda just before serving.
- Pour over crushed ice in glasses, and serve.

Nutrition Facts

PROTEIN 2.73% **FAT 1.26%** **CARBS 96.01%**

Properties

Glycemic Index:10.84, Glycemic Load:9.23, Inflammation Score:-3, Nutrition Score:4.9673911579277%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 96.81kcal (4.84%), Fat: 0.14g (0.21%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 23.97g (7.99%), Net Carbohydrates: 23.69g (8.61%), Sugar: 21.75g (24.17%), Cholesterol: 0mg (0%), Sodium: 16.85mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Vitamin C: 58.94mg (71.45%), Folate: 21.83µg (5.46%), Potassium: 185.71mg (5.31%), Vitamin B1: 0.08mg (5.2%), Vitamin B6: 0.07mg (3.69%), Vitamin B2: 0.05mg (3.01%), Magnesium: 11.02mg (2.75%), Vitamin A: 110.82IU (2.22%), Vitamin B5: 0.18mg (1.81%), Phosphorus: 17.71mg (1.77%), Vitamin E: 0.26mg (1.75%), Manganese: 0.03mg (1.74%), Vitamin B3: 0.33mg (1.63%), Calcium: 15.46mg (1.55%), Copper: 0.03mg (1.28%), Fiber: 0.28g (1.13%)