



## Orange Crush

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients



- 10 ounces ice cubes crushed
- 1 tablespoon lemon-lime drink soft
- 2 tablespoons lemon-lime-flavored vodka
- 0.3 cup orange juice fresh
- 1 tablespoon orange liqueur
- 1 serving orange rind twists (garnish)

## Equipment

## Directions

- Combine 1/4 cup fresh orange juice, 2 Tbsp. lemon-lime-flavored vodka, and 1 Tbsp. orange liqueur in a cocktail shaker; fill with ice. Cover with lid, and shake vigorously until thoroughly chilled (about 30 seconds). Strain into a 10-oz. glass filled with crushed ice. Top with a splash of lemon-lime soft drink.
- Garnish with orange rind twists.

## Nutrition Facts

   **PROTEIN 3.34%**  **FAT 2.17%**  **CARBS 94.49%**

## Properties

Glycemic Index:52, Glycemic Load:3.29, Inflammation Score:-4, Nutrition Score:4.5643478371203%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 103.93kcal (5.2%), Fat: 0.19g (0.3%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 17.5g (6.37%), Sugar: 14.56g (16.18%), Cholesterol: 0mg (0%), Sodium: 20.79mg (0.9%), Alcohol: 3.9g (100%), Alcohol %: 1.19% (100%), Caffeine: 10.55mg (3.52%), Protein: 0.67g (1.34%), Vitamin C: 47.32mg (57.36%), Fiber: 1.4g (5.58%), Folate: 22.2µg (5.55%), Vitamin B1: 0.07mg (4.72%), Copper: 0.09mg (4.48%), Potassium: 154.38mg (4.41%), Calcium: 35.68mg (3.57%), Vitamin A: 174.4IU (3.49%), Magnesium: 13.19mg (3.3%), Vitamin B6: 0.05mg (2.3%), Vitamin B3: 0.38mg (1.92%), Vitamin B2: 0.03mg (1.84%), Vitamin B5: 0.18mg (1.77%), Phosphorus: 13.96mg (1.4%), Iron: 0.24mg (1.32%)