



Orange Drink



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



182 kcal

BEVERAGE

DRINK

Ingredients

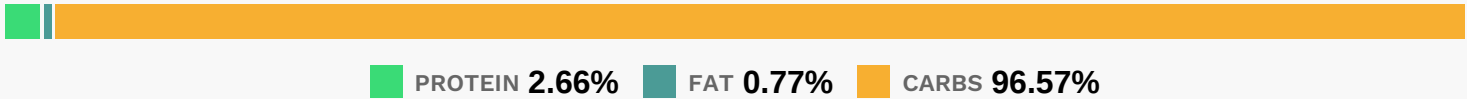
- ☐ 2 liters ginger ale soda
- ☐ 4 ounce maraschino cherries
- ☐ 1 cranberry-orange relish sliced into rounds
- ☐ 12 fluid ounce orange juice concentrate frozen canned

Equipment

Directions

- ☐
- Empty frozen orange juice into a large pitcher. VERY SLOWLY pour in the ginger ale. It is extremely important that you pour slowly because the soda will foam up and lose its carbonation if poured fast. Gently stir until all of orange juice is melted. Toss in all but 4 of the orange slices.
- ☐
- Cut reserved orange slices in half.
- ☐
- Pour beverage into 8 glasses and garnish with half slice of orange and a cherry.

Nutrition Facts



Properties

Glycemic Index:13.19, Glycemic Load:14.42, Inflammation Score:-5, Nutrition Score:7.4313042060189%

Flavonoids

Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 181.52kcal (9.08%), Fat: 0.16g (0.25%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 45.34g (15.11%), Net Carbohydrates: 44.05g (16.02%), Sugar: 42.4g (47.11%), Cholesterol: 0mg (0%), Sodium: 21.13mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin C: 73.03mg (88.52%), Folate: 39.07µg (9.77%), Vitamin B1: 0.14mg (9.08%), Potassium: 314.1mg (8.97%), Vitamin B6: 0.13mg (6.29%), Fiber: 1.29g (5.16%), Magnesium: 20.22mg (5.06%), Vitamin B2: 0.08mg (4.95%), Copper: 0.1mg (4.93%), Vitamin A: 211.33IU (4.23%), Calcium: 38.54mg (3.85%), Iron: 0.67mg (3.74%), Manganese: 0.06mg (2.98%), Phosphorus: 29.77mg (2.98%), Vitamin B5: 0.3mg (2.97%), Vitamin B3: 0.53mg (2.65%), Vitamin E: 0.3mg (2.02%), Zinc: 0.24mg (1.63%)