

Orange Fizz



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



113 kcal

SIDE DISH

Ingredients

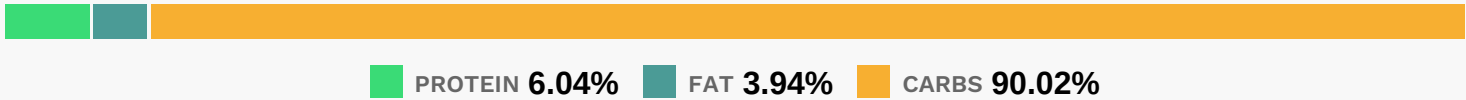
- ☐ 1 serving ice cubes
- ☐ 1 teaspoon juice of lemon
- ☐ 1 cup orange juice
- ☐ 0.3 cup tonic water

Equipment

Directions

- ☐
- Fill a glass with ice cubes.
- ☐
- Pour in the orange juice, tonic water and lemon juice. Stir and serve.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:13.15, Inflammation Score:-7, Nutrition Score:9.0160870027283%

Flavonoids

Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg Hesperetin: 30.36mg, Hesperetin: 30.36mg, Hesperetin: 30.36mg, Hesperetin: 30.36mg Naringenin: 5.38mg, Naringenin: 5.38mg, Naringenin: 5.38mg, Naringenin: 5.38mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 112.7kcal (5.64%), Fat: 0.51g (0.78%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 26.14g (8.71%), Net Carbohydrates: 25.63g (9.32%), Sugar: 20.96g (23.29%), Cholesterol: 0mg (0%), Sodium: 9.27mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.51%), Vitamin C: 125.93mg (152.65%), Folate: 75.4µg (18.85%), Vitamin B1: 0.22mg (14.96%), Potassium: 501.15mg (14.32%), Vitamin A: 496.3IU (9.93%), Magnesium: 28.93mg (7.23%), Copper: 0.13mg (6.57%), Vitamin B6: 0.1mg (5.08%), Vitamin B3: 1mg (4.98%), Vitamin B5: 0.48mg (4.78%), Vitamin B2: 0.08mg (4.42%), Phosphorus: 42.56mg (4.26%), Calcium: 31.63mg (3.16%), Iron: 0.5mg (2.78%), Fiber: 0.51g (2.04%), Manganese: 0.04mg (1.77%)