



Orange Honey-Ade

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



54 kcal

SIDE DISH

Ingredients

- 0.5 oz gelatin powder unflavored
- 0.3 cup orange blossom honey
- 2 cups orange juice
- 1.5 cups water

Equipment

Directions

Combine orange juice, water, and honey in a large pitcher. Chill 2 hours.

Serve over crushed ice.

Nutrition Facts

PROTEIN 22.47% **FAT 3.26%** **CARBS 74.27%**

Properties

Glycemic Index:10.4, Glycemic Load:5.26, Inflammation Score:-4, Nutrition Score:4.7386956007584%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 11.85mg, Hesperetin: 11.85mg, Hesperetin: 11.85mg, Hesperetin: 11.85mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 54.14kcal (2.71%), Fat: 0.2g (0.31%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 10.12g (3.68%), Sugar: 8.33g (9.26%), Cholesterol: 0mg (0%), Sodium: 10.1mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Vitamin C: 49.6mg (60.12%), Folate: 30.61µg (7.65%), Vitamin B1: 0.09mg (6%), Copper: 0.12mg (5.81%), Potassium: 198.85mg (5.68%), Vitamin A: 198.4IU (3.97%), Magnesium: 12.25mg (3.06%), Vitamin B2: 0.04mg (2.13%), Vitamin B3: 0.4mg (2%), Vitamin B6: 0.04mg (1.99%), Vitamin B5: 0.19mg (1.92%), Phosphorus: 17.97mg (1.8%), Selenium: 1.22µg (1.74%), Calcium: 14.6mg (1.46%), Iron: 0.23mg (1.28%)