



Orange Maple Cream Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



188 kcal

SIDE DISH

Ingredients

- 1 fluid ounce creme de cassis
- 1 serving ice cubes
- 2 fluid ounces maple-finished whiskey crown royal® (such as)
- 1 fluid ounce orange juice

Equipment

Directions

Pour ice into a glass.

Pour whiskey, orange juice, and cream soda over ice and stir.

Nutrition Facts

PROTEIN 0.44% **FAT 0.28%** **CARBS 99.28%**

Properties

Glycemic Index:88.5, Glycemic Load:16.11, Inflammation Score:-2, Nutrition Score:7.1052175995934%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.53mg, Hesperetin: 3.53mg, Hesperetin: 3.53mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 188.07kcal (9.4%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 46.86g (15.62%), Net Carbohydrates: 46.8g (17.02%), Sugar: 41.85g (46.5%), Cholesterol: 0mg (0%), Sodium: 11.97mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.41%), Manganese: 1.37mg (68.41%), Vitamin B2: 0.76mg (44.7%), Vitamin C: 14.78mg (17.92%), Calcium: 70.87mg (7.09%), Potassium: 192.5mg (5.5%), Vitamin B1: 0.07mg (4.38%), Magnesium: 16.53mg (4.13%), Zinc: 0.46mg (3.03%), Folate: 8.87µg (2.22%), Copper: 0.02mg (1.22%), Vitamin A: 59.14IU (1.18%)