



WHATSheATE



Orange-Pineapple Spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



3 min.

SERVINGS



2

CALORIES



42 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup blood orange sorbet softened
- ☐ 0.3 cup pineapple juice unsweetened
- ☐ 0.5 cup diet tonic water chilled

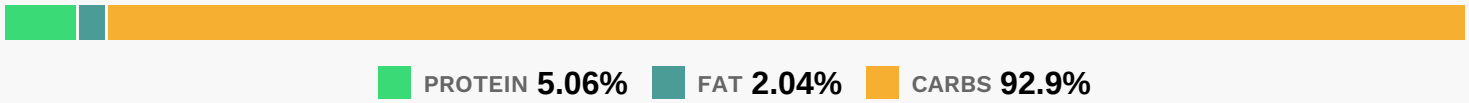
Equipment

Directions

- ☐ Combine sorbet and juice; pour evenly into 2 tall glasses.

- ☐
- Pour tonic water evenly into pineapple mixture in each glass, and garnish with pineapple wedges, if desired.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:4.09, Inflammation Score:-3, Nutrition Score:3.5878261321265%

Flavonoids

Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 42kcal (2.1%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 10.37g (3.46%), Net Carbohydrates: 9.21g (3.35%), Sugar: 8.13g (9.04%), Cholesterol: 0mg (0%), Sodium: 3.74mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.13%), Vitamin C: 27.87mg (33.79%), Manganese: 0.21mg (10.47%), Folate: 20.58µg (5.14%), Fiber: 1.16g (4.63%), Vitamin B1: 0.06mg (4.13%), Potassium: 132.58mg (3.79%), Vitamin B6: 0.07mg (3.32%), Copper: 0.06mg (2.84%), Calcium: 24.89mg (2.49%), Magnesium: 9.81mg (2.45%), Vitamin A: 103.22IU (2.06%), Vitamin B2: 0.03mg (1.54%), Vitamin B5: 0.13mg (1.35%), Vitamin B3: 0.21mg (1.03%)