



Orange-Rum Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



196 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup grand marnier orange-flavored (liqueur)
- 6 cups orange juice fresh (12 oranges)
- 0.8 cup orange sections
- 0.5 cup rum white

Equipment

Directions

Combine first 3 ingredients in a pitcher; chill.

Add orange sections just before serving.

Nutrition Facts

 **PROTEIN 5.17%**  **FAT 3.44%**  **CARBS 91.39%**

Properties

Glycemic Index:15.64, Glycemic Load:12.05, Inflammation Score:-7, Nutrition Score:8.7921738890202%

Flavonoids

Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 30.66mg, Hesperetin: 30.66mg, Hesperetin: 30.66mg, Hesperetin: 30.66mg Naringenin: 7.5mg, Naringenin: 7.5mg, Naringenin: 7.5mg, Naringenin: 7.5mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 196.24kcal (9.81%), Fat: 0.5g (0.77%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 28.92g (10.52%), Sugar: 25.09g (27.87%), Cholesterol: 0mg (0%), Sodium: 3.65mg (0.16%), Alcohol: 10.1g (100%), Alcohol %: 4.82% (100%), Caffeine: 4.38mg (1.46%), Protein: 1.69g (3.37%), Vitamin C: 116.55mg (141.27%), Folate: 69.56µg (17.39%), Vitamin B1: 0.21mg (13.99%), Potassium: 465.45mg (13.3%), Vitamin A: 468.54IU (9.37%), Magnesium: 25.82mg (6.45%), Copper: 0.11mg (5.63%), Vitamin B6: 0.1mg (4.84%), Vitamin B3: 0.93mg (4.66%), Vitamin B5: 0.45mg (4.52%), Vitamin B2: 0.07mg (4.36%), Phosphorus: 40.53mg (4.05%), Fiber: 0.89g (3.55%), Calcium: 31.27mg (3.13%), Iron: 0.46mg (2.56%), Manganese: 0.04mg (2.03%)