

Orange Surprise



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1 min.

SERVINGS



1

CALORIES



97 kcal

SIDE DISH

Ingredients



4 fluid ounces cola-flavored carbonated beverage



4 fluid ounces orange juice

Equipment

Directions



In a glass, stir together orange juice and cola.

Nutrition Facts



 **PROTEIN 3.63%**  **FAT 2.33%**  **CARBS 94.04%**

Properties

Glycemic Index:115, Glycemic Load:13.4, Inflammation Score:-5, Nutrition Score:5.3995652075695%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 14.13mg, Hesperetin: 14.13mg, Hesperetin: 14.13mg, Hesperetin: 14.13mg Naringenin: 2.53mg, Naringenin: 2.53mg, Naringenin: 2.53mg, Naringenin: 2.53mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 96.99kcal (4.85%), Fat: 0.26g (0.4%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 23.37g (8.5%), Sugar: 20.55g (22.83%), Cholesterol: 0mg (0%), Sodium: 5.91mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.46mg (3.15%), Protein: 0.91g (1.82%), Vitamin C: 59.14mg (71.68%), Folate: 35.48µg (8.87%), Vitamin B1: 0.11mg (7.1%), Potassium: 238.93mg (6.83%), Vitamin A: 236.56IU (4.73%), Magnesium: 13.01mg (3.25%), Phosphorus: 31.94mg (3.19%), Copper: 0.05mg (2.66%), Vitamin B3: 0.47mg (2.37%), Vitamin B6: 0.05mg (2.37%), Vitamin B5: 0.22mg (2.25%), Vitamin B2: 0.04mg (2.09%), Iron: 0.37mg (2.04%), Calcium: 15.38mg (1.54%)