



Orange Surprise

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 buttermilk doughnut plain
- ☐ 0.5 fluid ounce orange liqueur
- ☐ 1 tablespoon orange marmalade
- ☐ 1 scoop whipped cream
- ☐ 0.3 cup whipped cream

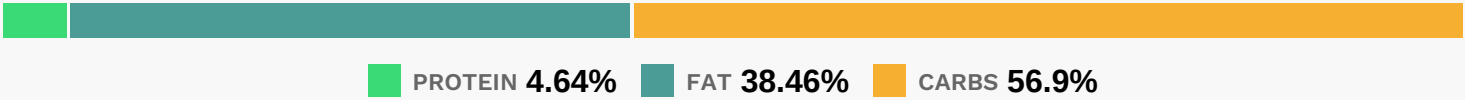
Equipment

- ☐ bowl

Directions

☐ Place doughnut in an attractive serving bowl. Top with a generous scoop of ice cream. Spoon marmalade over ice cream, and pour liqueur on top. Top with whipped cream and enjoy.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:5.13, Inflammation Score:-2, Nutrition Score:1.6999999999093%

Nutrients (% of daily need)

Calories: 135.26kcal (6.76%), Fat: 5.34g (8.21%), Saturated Fat: 3.3g (20.6%), Carbohydrates: 17.76g (5.92%), Net Carbohydrates: 17.46g (6.35%), Sugar: 16g (17.78%), Cholesterol: 20.27mg (6.76%), Sodium: 33.72mg (1.47%), Alcohol: 1.92g (100%), Alcohol %: 4.17% (100%), Protein: 1.45g (2.9%), Calcium: 54.26mg (5.43%), Vitamin B2: 0.09mg (5.2%), Phosphorus: 42.59mg (4.26%), Vitamin A: 197.33IU (3.95%), Vitamin B12: 0.15µg (2.55%), Potassium: 83.29mg (2.38%), Vitamin B5: 0.22mg (2.18%), Zinc: 0.26mg (1.76%), Magnesium: 5.92mg (1.48%), Fiber: 0.3g (1.2%), Vitamin B1: 0.02mg (1.16%), Selenium: 0.8µg (1.14%), Vitamin B6: 0.02mg (1.05%), Vitamin E: 0.15mg (1.02%), Copper: 0.02mg (1.02%)