

## Orange Twister



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



9 min.

SERVINGS



3

CALORIES



274 kcal

SIDE DISH

### Ingredients

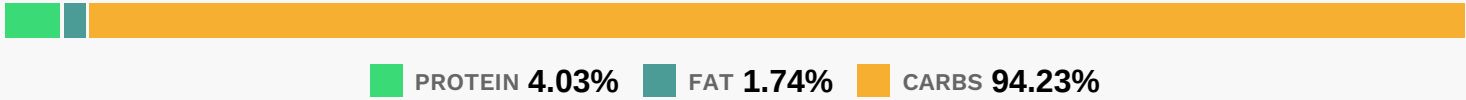
- ☐ 1 teaspoon fennel seeds
- ☐ 7 orange peels
- ☐ 0.5 cup sugar
- ☐ 1 cup water
- ☐ 750 ml prosecco
- ☐ 750 ml prosecco

### Equipment

# Directions

- ☐
- Make syrup: Simmer together water, sugar, 1 orange peel, and fennel seeds (3 minutes). Cool.
- ☐
- Add 1 tsp syrup to each of 6 glasses. Top with prosecco and orange peel garnish.

# Nutrition Facts



# Properties

Glycemic Index:37.53, Glycemic Load:35.48, Inflammation Score:-8, Nutrition Score:12.219565189403%

# Flavonoids

Hesperetin: 83.29mg, Hesperetin: 83.29mg, Hesperetin: 83.29mg, Hesperetin: 83.29mg Naringenin: 46.83mg, Naringenin: 46.83mg, Naringenin: 46.83mg, Naringenin: 46.83mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

# Nutrients (% of daily need)

Calories: 274.3kcal (13.71%), Fat: 0.57g (0.88%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 69.62g (23.21%), Net Carbohydrates: 62.02g (22.55%), Sugar: 61.85g (68.72%), Cholesterol: 0mg (0%), Sodium: 4.86mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Vitamin C: 162.75mg (197.28%), Fiber: 7.6g (30.41%), Folate: 91.7µg (22.92%), Vitamin B1: 0.27mg (17.91%), Potassium: 565.22mg (16.15%), Vitamin A: 688.65IU (13.77%), Calcium: 132.94mg (13.29%), Vitamin B6: 0.19mg (9.33%), Magnesium: 33.92mg (8.48%), Copper: 0.16mg (7.98%), Vitamin B2: 0.13mg (7.7%), Vitamin B5: 0.76mg (7.64%), Manganese: 0.12mg (6.07%), Phosphorus: 46.04mg (4.6%), Vitamin B3: 0.9mg (4.51%), Vitamin E: 0.55mg (3.67%), Iron: 0.45mg (2.48%), Selenium: 1.73µg (2.47%), Zinc: 0.25mg (1.67%)