

Orchard Mimosa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ounces cider hard (sparkling, not still)
- ☐ 1 teaspoon ginger
- ☐ 1 serving cranberry-orange relish
- ☐ 3 ounces orange juice freshly squeezed

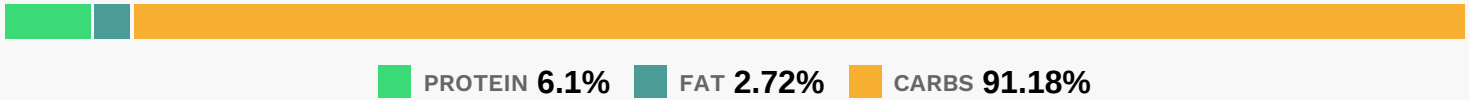
Equipment

Directions

- ☐
- Before building the cocktail, make sure the orange juice and cider are both well chilled.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:109.5, Glycemic Load:8.15, Inflammation Score:-7, Nutrition Score:8.1765217243329%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 34.69mg, Hesperetin: 34.69mg, Hesperetin: 34.69mg, Hesperetin: 34.69mg Naringenin: 15.61mg, Naringenin: 15.61mg, Naringenin: 15.61mg, Naringenin: 15.61mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 117.04kcal (5.85%), Fat: 0.29g (0.45%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 22.07g (7.36%), Net Carbohydrates: 19.7g (7.17%), Sugar: 17.85g (19.83%), Cholesterol: 0mg (0%), Sodium: 4.51mg (0.2%), Alcohol: 4.25g (100%), Alcohol %: 2.06% (100%), Protein: 1.48g (2.96%), Vitamin C: 90.5mg (109.7%), Folate: 52.73µg (13.18%), Vitamin B1: 0.16mg (10.36%), Potassium: 341.3mg (9.75%), Fiber: 2.37g (9.48%), Vitamin A: 372.6IU (7.45%), Magnesium: 19.22mg (4.8%), Calcium: 45.68mg (4.57%), Vitamin B6: 0.09mg (4.56%), Copper: 0.08mg (4.12%), Vitamin B5: 0.39mg (3.91%), Vitamin B2: 0.06mg (3.66%), Vitamin B3: 0.61mg (3.04%), Phosphorus: 27.74mg (2.77%), Manganese: 0.04mg (1.95%), Iron: 0.27mg (1.51%), Vitamin E: 0.2mg (1.34%)