



Rudolph's Spritzer



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



96 kcal

BEVERAGE

DRINK

Ingredients

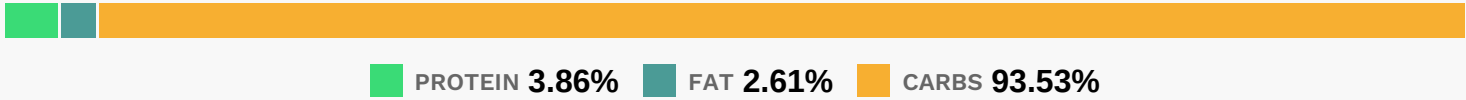
- ☐ 1 sticks garnishes: fruit-flavored candy cane cherries with stems, orange and lemon slices
- ☐ 0.5 cup maraschino cherry juice
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 cups lemon-lime drink chilled soft
- ☐ 5 cups orange juice

Equipment

Directions

- ☐ Stir together orange juice and next 3 ingredients; serve over ice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:6.58, Inflammation Score:-5, Nutrition Score:5.9173914194107%

Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 15.7mg, Hesperetin: 15.7mg, Hesperetin: 15.7mg, Hesperetin: 15.7mg Naringenin: 2.74mg, Naringenin: 2.74mg, Naringenin: 2.74mg, Naringenin: 2.74mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 96.01kcal (4.8%), Fat: 0.29g (0.44%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 22.56g (8.2%), Sugar: 19.97g (22.19%), Cholesterol: 0mg (0%), Sodium: 6.49mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.08mg (2.36%), Protein: 0.96g (1.92%), Vitamin C: 64.36mg (78.01%), Folate: 38.42µg (9.6%), Vitamin B1: 0.11mg (7.54%), Potassium: 257.24mg (7.35%), Vitamin A: 253.69IU (5.07%), Magnesium: 14.95mg (3.74%), Copper: 0.07mg (3.62%), Vitamin B6: 0.05mg (2.65%), Fiber: 0.64g (2.58%), Vitamin B3: 0.51mg (2.55%), Vitamin B5: 0.25mg (2.5%), Vitamin B2: 0.04mg (2.24%), Phosphorus: 21.92mg (2.19%), Calcium: 21.34mg (2.13%), Iron: 0.31mg (1.74%)