



Rudolph's Tipsy Spritzer

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



179 kcal

BEVERAGE

DRINK

Ingredients

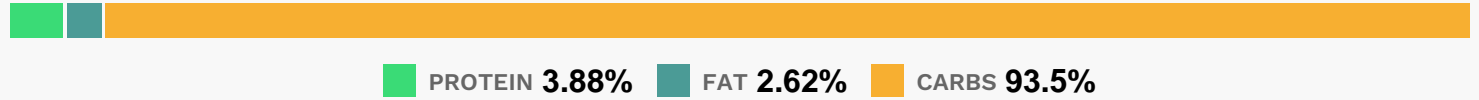
- 0.5 cup maraschino cherries
- 1 slices optional: lemon fresh
- 0.3 cup juice of lemon fresh
- 2 cups lemon lime soda chilled soft
- 5 cups orange juice
- 1.5 cups vodka

Equipment

Directions

- Stir together all ingredients; serve over ice.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:6.59, Inflammation Score:-6, Nutrition Score:5.9791303873062%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 15.9mg, Hesperetin: 15.9mg, Hesperetin: 15.9mg, Hesperetin: 15.9mg Naringenin: 2.74mg, Naringenin: 2.74mg, Naringenin: 2.74mg, Naringenin: 2.74mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 179.38kcal (8.97%), Fat: 0.29g (0.45%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 22.6g (8.22%), Sugar: 19.99g (22.21%), Cholesterol: 0mg (0%), Sodium: 6.87mg (0.3%), Alcohol: 12.02g (100%), Alcohol %: 6.75% (100%), Caffeine: 7.08mg (2.36%), Protein: 0.97g (1.93%), Vitamin C: 64.73mg (78.46%), Folate: 38.5µg (9.62%), Vitamin B1: 0.12mg (7.68%), Potassium: 258.57mg (7.39%), Vitamin A: 253.84IU (5.08%), Copper: 0.08mg (3.82%), Magnesium: 15.01mg (3.75%), Vitamin B6: 0.05mg (2.68%), Fiber: 0.66g (2.66%), Vitamin B3: 0.51mg (2.55%), Vitamin B5: 0.25mg (2.51%), Vitamin B2: 0.04mg (2.4%), Phosphorus: 23.83mg (2.38%), Calcium: 21.52mg (2.15%), Iron: 0.32mg (1.78%)