



Sedation

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



64 kcal

SIDE DISH

Ingredients

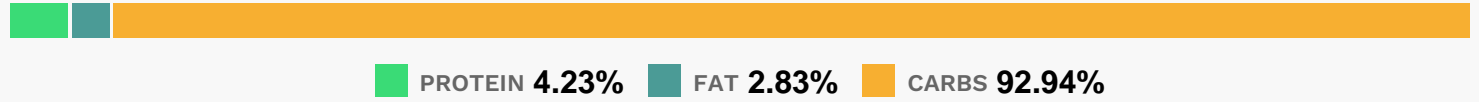
- 3 fluid ounce jiggers cranberry juice
- 1 serving ice cubes
- 1 twist lemon peel
- 1.5 fluid ounce jigger orange juice

Equipment

Directions

- Fill a pint glass with ice, and pour in the vodka, amaretto, peach schnapps, coconut rum, and melon liqueur; stir.
- Pour in the orange juice and pineapple juice. Float the cranberry juice on top.
- Garnish with a lemon twist.

Nutrition Facts



Properties

Glycemic Index:108, Glycemic Load:8.36, Inflammation Score:-3, Nutrition Score:4.2839129929957%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.3mg, Hesperetin: 5.3mg, Hesperetin: 5.3mg, Hesperetin: 5.3mg Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 63.59kcal (3.18%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 15.58g (5.67%), Sugar: 14.71g (16.34%), Cholesterol: 0mg (0%), Sodium: 5.38mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.49%), Vitamin C: 38.17mg (46.26%), Vitamin E: 1.1mg (7.32%), Potassium: 166.62mg (4.76%), Vitamin K: 4.57µg (4.35%), Copper: 0.08mg (4.14%), Folate: 14.97µg (3.74%), Vitamin B6: 0.07mg (3.71%), Vitamin B1: 0.05mg (3.43%), Fiber: 0.81g (3.25%), Magnesium: 11.66mg (2.92%), Vitamin A: 131.63IU (2.63%), Calcium: 21.7mg (2.17%), Vitamin B2: 0.03mg (2%), Iron: 0.36mg (1.99%), Phosphorus: 19.79mg (1.98%), Vitamin B3: 0.28mg (1.41%), Vitamin B5: 0.1mg (1.03%)