

Seville Orangeade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



3

CALORIES



465 kcal

SIDE DISH

Ingredients

- 10 cranberry-orange relish washed and scrubbed clean
- 1 cup sugar
- 3 servings juice of lemon
- 5 cups water cold filtered

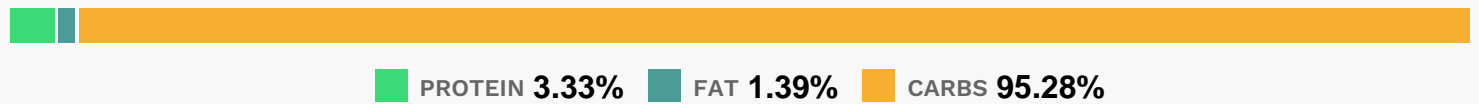
Equipment

- bowl
- sieve
- potato masher

Directions

- Cut the oranges in half lengthwise and then slice them into thin 1/8-inch slices.
- Put them in a large flat-bottomed non-reactive bowl. Stir in the sugar. Use a potato masher to mash the orange slices until most of the segments are juiced.
- Pour water into the bowl of orange slices. Stir to mix gently, making sure that any undissolved sugar gets completely dissolved. Stir in the lemon juice.
- Strain: Set a large fine mesh strainer over another large bowl and strain the orange mixture through it, pressing if necessary to get out as much of the juice as possible.
- Pour into a serving pitcher.

Nutrition Facts



Properties

Glycemic Index:37.53, Glycemic Load:63.99, Inflammation Score:-9, Nutrition Score:15.486956357956%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 121.16mg, Hesperetin: 121.16mg, Hesperetin: 121.16mg, Hesperetin: 121.16mg Naringenin: 67.1mg, Naringenin: 67.1mg, Naringenin: 67.1mg, Naringenin: 67.1mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 465.2kcal (23.26%), Fat: 0.77g (1.19%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 118.96g (39.65%), Net Carbohydrates: 108.44g (39.43%), Sugar: 107.74g (119.71%), Cholesterol: 0mg (0%), Sodium: 20.53mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.31%), Vitamin C: 238.11mg (288.62%), Fiber: 10.52g (42.1%), Folate: 134µg (33.5%), Vitamin B1: 0.38mg (25.57%), Potassium: 807.15mg (23.06%), Vitamin A: 983.4IU (19.67%), Calcium: 188.06mg (18.81%), Vitamin B6: 0.27mg (13.45%), Copper: 0.27mg (13.33%), Magnesium: 48.51mg (12.13%), Vitamin B2: 0.19mg (11.15%), Vitamin B5: 1.11mg (11.11%), Phosphorus: 62.33mg (6.23%), Vitamin B3: 1.25mg (6.23%), Manganese: 0.11mg (5.68%), Vitamin E: 0.81mg (5.39%), Selenium: 2.6µg (3.71%), Iron: 0.48mg (2.68%), Zinc: 0.36mg (2.4%)