

Sex on the Beach III



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



1 min.

SERVINGS



1

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

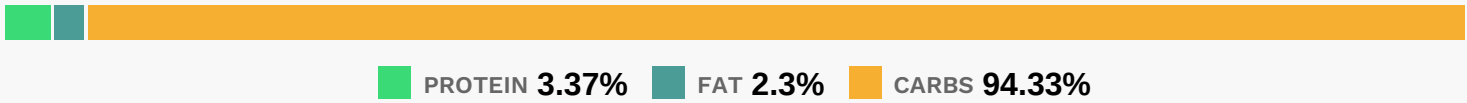
- ☐ 3 fluid ounces 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 3 fluid ounces orange juice
- ☐ 1 fluid ounce peach schnapps
- ☐ 1 fluid ounce vodka

Equipment

Directions

Fill a highball glass with ice, pour in vodka and peach schnapps, then fill glass with half orange juice and half cranberry juice.

Nutrition Facts



Properties

Glycemic Index:123, Glycemic Load:10.72, Inflammation Score:-5, Nutrition Score:5.5708694872649%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 10.6mg, Hesperetin: 10.6mg, Hesperetin: 10.6mg Naringenin: 1.9mg, Naringenin: 1.9mg, Naringenin: 1.9mg, Naringenin: 1.9mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 225.03kcal (11.25%), Fat: 0.29g (0.45%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 26.76g (9.73%), Sugar: 25.05g (27.83%), Cholesterol: 0mg (0%), Sodium: 2.96mg (0.13%), Alcohol: 9.88g (100%), Alcohol %: 5.29% (100%), Protein: 0.97g (1.93%), Vitamin C: 52.6mg (63.76%), Vitamin E: 1.1mg (7.33%), Potassium: 246.02mg (7.03%), Folate: 27.5µg (6.88%), Vitamin B1: 0.09mg (5.95%), Copper: 0.09mg (4.54%), Vitamin K: 4.61µg (4.39%), Vitamin A: 217.34IU (4.35%), Vitamin B6: 0.08mg (4.08%), Magnesium: 15.08mg (3.77%), Phosphorus: 28.09mg (2.81%), Vitamin B2: 0.04mg (2.63%), Iron: 0.4mg (2.23%), Vitamin B3: 0.44mg (2.18%), Vitamin B5: 0.17mg (1.69%), Calcium: 16.85mg (1.69%), Fiber: 0.27g (1.06%)