



Sparkling Ginger-Orange Cocktails



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



266 kcal

BEVERAGE

DRINK

Ingredients



1 tablespoon ginger finely grated



89 oz orange juice



46 oz pineapple rings chilled canned



1500 milliliter sparkling wine chilled

Equipment

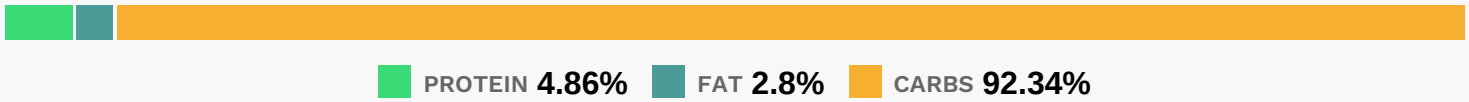


cheesecloth

Directions

- ☐
- Place ginger in a piece of cheesecloth, and squeeze juice from ginger into a large pitcher; discard cheesecloth and solids. Stir sparkling wine, orange juice, and pineapple juice into ginger juice.
- ☐
- Serve over ice.
- ☐
- Note: We recommend Freixenet Spumante for sparkling wine.

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:13.4, Inflammation Score:-9, Nutrition Score:12.080869565839%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 30.15mg, Hesperetin: 30.15mg, Hesperetin: 30.15mg, Hesperetin: 30.15mg Naringenin: 5.4mg, Naringenin: 5.4mg, Naringenin: 5.4mg, Naringenin: 5.4mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 265.66kcal (13.28%), Fat: 0.65g (1.01%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 48.41g (16.14%), Net Carbohydrates: 46.19g (16.8%), Sugar: 41.52g (46.14%), Cholesterol: 0mg (0%), Sodium: 14.39mg (0.63%), Alcohol: 9.58g (100%), Alcohol %: 2.28% (100%), Protein: 2.55g (5.1%), Vitamin C: 138.45mg (167.82%), Vitamin B1: 0.36mg (24.02%), Potassium: 800.9mg (22.88%), Folate: 83.79µg (20.95%), Magnesium: 62.58mg (15.64%), Copper: 0.27mg (13.43%), Vitamin B6: 0.23mg (11.49%), Vitamin A: 569.83IU (11.4%), Fiber: 2.21g (8.86%), Iron: 1.47mg (8.18%), Vitamin B3: 1.53mg (7.67%), Phosphorus: 74.7mg (7.47%), Vitamin B2: 0.12mg (6.96%), Calcium: 62.2mg (6.22%), Vitamin B5: 0.48mg (4.81%), Zinc: 0.38mg (2.52%), Manganese: 0.04mg (1.85%), Selenium: 1.08µg (1.54%), Vitamin K: 1.17µg (1.11%)