



Tangerine Dream Cocktail

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



367 kcal

BEVERAGE

DRINK

Ingredients

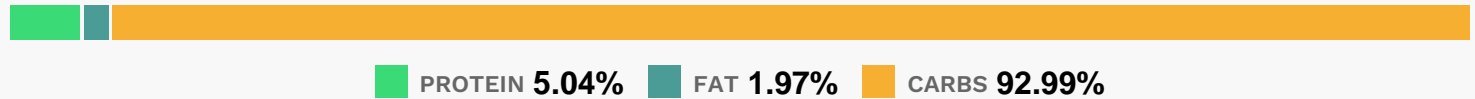
- 0.5 fluid ounce egg white beaten
- 1 fluid ounce juice of lemon
- 1 fluid ounce orange liqueur grand marnier® (such as)
- 1 fluid ounce simple syrup glaze
- 1 twist tangerine peel
- 2 fluid ounces tangerine juice
- 2 fluid ounces vodka

Equipment

Directions

- Combine tangerine juice, vodka, lemon juice, simple syrup, orange liqueur, and egg white in a cocktail shaker. Secure lid onto shaker and shake until the cocktail is creamy, at least 1 minutes.
- Add ice to shaker. Again secure lid onto shaker and shake for several seconds. Strain cocktail into stemware and garnish with tangerine twist.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:1.65, Inflammation Score:-6, Nutrition Score:6.0365218325802%

Flavonoids

Eriodictyol: 1.45mg, Eriodictyol: 1.45mg, Eriodictyol: 1.45mg, Eriodictyol: 1.45mg Hesperetin: 43.21mg, Hesperetin: 43.21mg, Hesperetin: 43.21mg, Hesperetin: 43.21mg Naringenin: 3.5mg, Naringenin: 3.5mg, Naringenin: 3.5mg, Naringenin: 3.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 366.96kcal (18.35%), Fat: 0.44g (0.67%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 46.31g (15.44%), Net Carbohydrates: 44.22g (16.08%), Sugar: 39g (43.34%), Cholesterol: 0mg (0%), Sodium: 46.88mg (2.04%), Alcohol: 27.44g (100%), Alcohol %: 12.04% (100%), Caffeine: 7.69mg (2.56%), Protein: 2.51g (5.02%), Vitamin C: 48.33mg (58.58%), Iron: 1.64mg (9.13%), Fiber: 2.08g (8.33%), Potassium: 256.26mg (7.32%), Vitamin B2: 0.12mg (7.06%), Vitamin B1: 0.1mg (6.94%), Selenium: 3.61µg (5.16%), Copper: 0.09mg (4.51%), Magnesium: 16mg (4%), Calcium: 39.7mg (3.97%), Folate: 14.82µg (3.71%), Vitamin A: 184.9IU (3.7%), Vitamin B6: 0.07mg (3.4%), Phosphorus: 32.02mg (3.2%), Vitamin B5: 0.29mg (2.86%), Manganese: 0.04mg (1.87%), Vitamin E: 0.27mg (1.79%), Vitamin B3: 0.31mg (1.54%), Zinc: 0.18mg (1.17%)