



Tanguila Sunrise Mocktail

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



64 kcal

BEVERAGE

DRINK

Ingredients

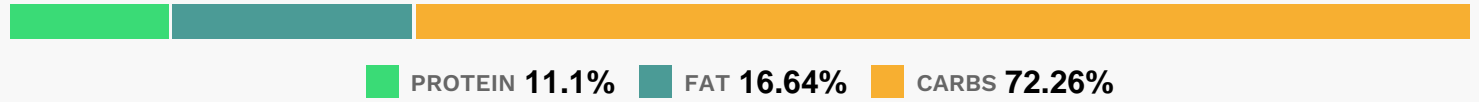
- 2 Tbsp grenadine syrup
- 2 tsp juice of lemon
- 1 cup tang orange flavor drink mix
- 8 cups water

Equipment

Directions

- Add water and lemon juice to drink mix in large glass or plastic pitcher; stir until mix is dissolved.
- Pour into 8 tall glasses; fill with ice.
- Drizzle about 1 tsp. of the grenadine syrup down back of spoon into each glass. (Grenadine will sink to bottom of glass.)

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:2.68, Inflammation Score:-1, Nutrition Score:2.0478260904227%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 64.44kcal (3.22%), Fat: 1.19g (1.83%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 11.63g (4.23%), Sugar: 7.84g (8.71%), Cholesterol: 3mg (1%), Sodium: 61.18mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin B2: 0.12mg (6.8%), Phosphorus: 44.99mg (4.5%), Calcium: 43.23mg (4.32%), Vitamin B1: 0.06mg (4.22%), Magnesium: 13.74mg (3.43%), Vitamin B3: 0.66mg (3.28%), Selenium: 2.08µg (2.96%), Copper: 0.06mg (2.82%), Potassium: 96.9mg (2.77%), Vitamin B6: 0.05mg (2.59%), Vitamin B12: 0.1µg (1.67%), Manganese: 0.03mg (1.49%), Folate: 5.95µg (1.49%)