



## White Grape-and-Orange Cooler

 **Gluten Free**  **Dairy Free**

READY IN



**8 min.**

SERVINGS



**5**

CALORIES



**162 kcal**

BEVERAGE

DRINK

### Ingredients

- 1 liter ginger ale chilled
- 1 slices cranberry–orange relish
- 0.5 cup orange juice
- 0.3 cup sugar
- 1 cup water
- 1 cup grape juice white

### Equipment

# Directions

- Bring sugar and 1 cup water to a boil over medium-high heat, and cook, stirring often, 3 minutes or until sugar dissolves.
- Remove from heat, and cool.
- Stir in juices, and chill 2 hours. Stir in ginger ale just before serving.
- Serve over ice.
- Garnish, if desired.

# Nutrition Facts

**PROTEIN 0.92%** **FAT 0.87%** **CARBS 98.21%**

# Properties

Glycemic Index:45.52, Glycemic Load:21.75, Inflammation Score:-1, Nutrition Score:2.2491304203868%

# Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.52mg, Petunidin: 0.52mg, Petunidin: 0.52mg, Petunidin: 0.52mg Delphinidin: 0.97mg, Delphinidin: 0.97mg, Delphinidin: 0.97mg, Delphinidin: 0.97mg Malvidin: 5.65mg, Malvidin: 5.65mg, Malvidin: 5.65mg, Malvidin: 5.65mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.54mg, Peonidin: 0.54mg, Peonidin: 0.54mg, Peonidin: 0.54mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 3.73mg, Hesperetin: 3.73mg, Hesperetin: 3.73mg, Hesperetin: 3.73mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

# Nutrients (% of daily need)

Calories: 162kcal (8.1%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 41.14g (13.71%), Net Carbohydrates: 40.92g (14.88%), Sugar: 40.59g (45.1%), Cholesterol: 0mg (0%), Sodium: 19.24mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.77%), Vitamin C: 13.94mg (16.9%), Manganese: 0.15mg (7.58%), Copper: 0.07mg (3.28%), Potassium: 109.55mg (3.13%), Iron: 0.54mg (3.03%), Magnesium: 10.54mg (2.63%), Vitamin B1: 0.03mg (2.22%), Folate: 8.28µg (2.07%), Calcium: 16.95mg (1.7%), Vitamin B6: 0.03mg (1.39%), Vitamin A: 59.95IU (1.2%), Phosphorus: 11.69mg (1.17%), Vitamin B2: 0.02mg (1.1%), Zinc: 0.16mg (1.04%)