



Zingy Orange Sunset Fizz

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

READY IN



45 min.

SERVINGS



1

CALORIES



1148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 drops angostura bitters
- 1 cup cranberry juice cocktail
- 1 liter orange gelatin
- 1 cup orange juice
- 8 ounces rum

Equipment

Directions

- Fill 8 (16 oz.) tumblers with ice.
- Pour 2 Tbsp. cranberry juice cocktail into each. Slowly add 2 Tbsp. orange juice to each to create another layer. Divide 1 liter orange-flavor seltzer evenly among glasses.
- Add 1 oz. rum to each glass, if desired. Shake 1 drop Angostura bitters on top of each.
- Serves

Nutrition Facts

PROTEIN 5.61% **FAT 1.09%** **CARBS 93.3%**

Properties

Glycemic Index:127, Glycemic Load:33.65, Inflammation Score:-9, Nutrition Score:11.527391288591%

Flavonoids

Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 1.04mg, Peonidin: 1.04mg, Peonidin: 1.04mg, Peonidin: 1.04mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 29.64mg, Hesperetin: 29.64mg, Hesperetin: 29.64mg, Hesperetin: 29.64mg Naringenin: 5.31mg, Naringenin: 5.31mg, Naringenin: 5.31mg, Naringenin: 5.31mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

Nutrients (% of daily need)

Calories: 1148.38kcal (57.42%), Fat: 0.75g (1.15%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 143.96g (47.99%), Net Carbohydrates: 143.46g (52.17%), Sugar: 128.35g (142.61%), Cholesterol: 0mg (0%), Sodium: 423.44mg (18.41%), Alcohol: 79.35g (100%), Alcohol %: 12.2% (100%), Protein: 8.66g (17.32%), Vitamin C: 231.02mg (280.02%), Folate: 77.06µg (19.27%), Phosphorus: 178.92mg (17.89%), Vitamin B1: 0.24mg (15.96%), Potassium: 542.17mg (15.49%), Copper: 0.29mg (14.34%), Manganese: 0.21mg (10.34%), Vitamin A: 516.24IU (10.32%), Selenium: 6.7µg (9.57%), Magnesium: 31.59mg (7.9%), Vitamin B2: 0.12mg (7.05%), Vitamin B5: 0.62mg (6.15%), Vitamin B3: 1.13mg (5.67%), Iron: 0.96mg (5.31%), Vitamin B6: 0.1mg (5.12%), Vitamin E: 0.66mg (4.37%), Calcium: 37.53mg (3.75%), Vitamin K: 2.78µg (2.65%), Zinc: 0.3mg (2%), Fiber: 0.5g (1.98%)