



## Citrus Blush

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

## Ingredients

- 15.3 ounce pineapple crushed undrained canned
- 4 teaspoons grenadine syrup
- 3 cups pink lemonade kool-aid
- 1 sprigs garnishes: mint orange twists fresh
- 3 cups orange juice

## Equipment

## Directions

- Spoon 2 tablespoons pineapple into each glass; fill glasses with ice cubes. Stir together orange juice and lemonade; pour 3/4 cup mixture into each glass. Slowly add 1/2 teaspoon grenadine, forming a pink layer in bottom. Do not stir.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:27.06, Glycemic Load:14.18, Inflammation Score:-4, Nutrition Score:5.3717391192913%

## Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 11.13mg, Hesperetin: 11.13mg, Hesperetin: 11.13mg, Hesperetin: 11.13mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 127.29kcal (6.36%), Fat: 0.25g (0.38%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 31.33g (10.44%), Net Carbohydrates: 30.43g (11.07%), Sugar: 27.38g (30.43%), Cholesterol: 0mg (0%), Sodium: 7.93mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Vitamin C: 51.62mg (62.57%), Vitamin B1: 0.14mg (9.26%), Folate: 30.74µg (7.69%), Potassium: 254.56mg (7.27%), Copper: 0.1mg (5%), Magnesium: 18.56mg (4.64%), Vitamin A: 218.33IU (4.37%), Vitamin B6: 0.08mg (3.89%), Fiber: 0.9g (3.59%), Vitamin B3: 0.53mg (2.64%), Vitamin B2: 0.04mg (2.35%), Phosphorus: 19.8mg (1.98%), Calcium: 19.36mg (1.94%), Iron: 0.35mg (1.92%), Vitamin B5: 0.18mg (1.77%)