



Citrus Cooler

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



127 kcal

BEVERAGE

DRINK

Ingredients

- 1 L diet carbonated lemon-lime beverage chilled
- 1 env. kool-aid lemonade flavor low calorie drink mix sugar free
- 2 cups orange juice cold
- 2 cups water cold

Equipment

Directions

Mix all ingredients in plastic or glass pitcher.

Serve immediately over ice.

Nutrition Facts

 **PROTEIN 2.68%**  **FAT 1.38%**  **CARBS 95.94%**

Properties

Glycemic Index:10.4, Glycemic Load:5.26, Inflammation Score:-4, Nutrition Score:4.562173968424%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 11.85mg, Hesperetin: 11.85mg, Hesperetin: 11.85mg, Hesperetin: 11.85mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 127.19kcal (6.36%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 31.3g (10.43%), Net Carbohydrates: 31.1g (11.31%), Sugar: 28.85g (32.06%), Cholesterol: 0mg (0%), Sodium: 25.78mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 29.93mg (9.98%), Protein: 0.87g (1.75%), Vitamin C: 49.68mg (60.22%), Folate: 29.77µg (7.44%), Vitamin B1: 0.09mg (5.95%), Potassium: 200.69mg (5.73%), Vitamin A: 198.42IU (3.97%), Magnesium: 14.35mg (3.59%), Copper: 0.06mg (2.94%), Vitamin B3: 0.43mg (2.13%), Vitamin B6: 0.04mg (1.99%), Vitamin B5: 0.19mg (1.89%), Calcium: 17.78mg (1.78%), Vitamin B2: 0.03mg (1.75%), Phosphorus: 16.87mg (1.69%), Iron: 0.24mg (1.33%)