

Citrus Spritzers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



42 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 leaves mint leaves fresh
- ☐ 0.8 cup grapefruit juice frozen thawed () (from 12-oz can)
- ☐ 1 slices cranberry-orange relish
- ☐ 6 oz orange juice concentrate frozen thawed canned
- ☐ 1 liter seltzer water chilled
- ☐ 2 cups water cold

Equipment

Directions

- ☐ In large pitcher, mix cold water, orange juice concentrate, grapefruit juice concentrate and sparkling water.
- ☐ Serve spritzers over ice.
- ☐ Garnish each serving with orange slice and mint leaf.

Nutrition Facts



Properties

Glycemic Index:11.31, Glycemic Load:1.24, Inflammation Score:-3, Nutrition Score:3.5521738950325%

Flavonoids

Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 42.47kcal (2.12%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 9.87g (3.59%), Sugar: 8.91g (9.9%), Cholesterol: 0mg (0%), Sodium: 31.14mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Vitamin C: 37.71mg (45.71%), Potassium: 175.28mg (5.01%), Folate: 17.35µg (4.34%), Vitamin B1: 0.06mg (4%), Magnesium: 11.68mg (2.92%), Vitamin B6: 0.06mg (2.82%), Vitamin B2: 0.04mg (2.23%), Calcium: 18.59mg (1.86%), Vitamin A: 86.34IU (1.73%), Phosphorus: 15.65mg (1.57%), Vitamin B3: 0.3mg (1.52%), Copper: 0.03mg (1.52%), Vitamin B5: 0.15mg (1.46%), Zinc: 0.19mg (1.26%), Fiber: 0.28g (1.11%)