



Cottontail Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



131 kcal

BEVERAGE

DRINK

Ingredients



1 liter club soda



6 cups peach-flavored grape juice white



12 servings lemonade ice cubes



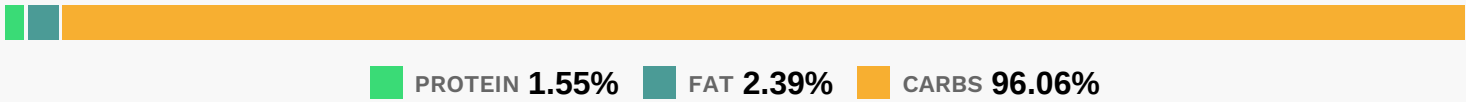
12 ounce lemonade concentrate frozen canned

Equipment

Directions

Stir together all ingredients in a large container; add Lemonade Ice Cubes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.080000018296%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Petunidin: 1.29mg, Petunidin: 1.29mg, Petunidin: 1.29mg, Petunidin: 1.29mg Delphinidin: 2.43mg, Delphinidin: 2.43mg, Delphinidin: 2.43mg, Delphinidin: 2.43mg Malvidin: 14.13mg, Malvidin: 14.13mg, Malvidin: 14.13mg, Malvidin: 14.13mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 1.34mg, Peonidin: 1.34mg, Peonidin: 1.34mg, Peonidin: 1.34mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg 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: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 131.47kcal (6.57%), Fat: 0.36g (0.56%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 32.83g (10.94%), Net Carbohydrates: 32.49g (11.82%), Sugar: 30.58g (33.98%), Cholesterol: 0mg (0%), Sodium: 28.61mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Manganese: 0.31mg (15.34%), Vitamin C: 3.84mg (4.65%), Potassium: 153.64mg (4.39%), Magnesium: 16.03mg (4.01%), Vitamin B6: 0.05mg (2.31%), Calcium: 21.75mg (2.17%), Copper: 0.04mg (2.02%), Phosphorus: 19.69mg (1.97%), Iron: 0.35mg (1.94%), Vitamin B1: 0.03mg (1.81%), Fiber: 0.34g (1.35%), Zinc: 0.19mg (1.26%), Vitamin B2: 0.02mg (1.12%)