



Fresh Fruit Spritzers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



186 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup apple juice
- ☐ 2 cups club soda
- ☐ 1 cup pink grapefruit juice
- ☐ 4 servings ice cubes
- ☐ 1 cup pear puree
- ☐ 1 cup orange juice
- ☐ 1 cup papaya puree
- ☐ 1 cup white wine

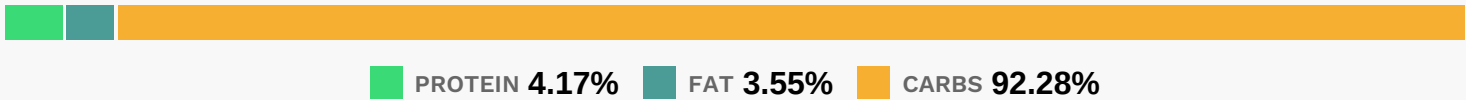
Equipment

wooden spoon

Directions

In a large pitcher combine all of the ingredients and mix with a wooden spoon. Fill tall glasses with ice and fill with Spritzers.

Nutrition Facts



Properties

Glycemic Index:66.56, Glycemic Load:15.73, Inflammation Score:-8, Nutrition Score:10.389999975329%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg Epicatechin: 3.25mg, Epicatechin: 3.25mg, Epicatechin: 3.25mg, Epicatechin: 3.25mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 186.06kcal (9.3%), Fat: 0.6g (0.92%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 34.91g (11.64%), Net Carbohydrates: 32.98g (11.99%), Sugar: 29.71g (33.01%), Cholesterol: 0mg (0%), Sodium: 38.36mg (1.67%), Alcohol: 6.18g (100%), Alcohol %: 1.52% (100%), Protein: 1.58g (3.16%), Vitamin C: 91.95mg (111.45%), Vitamin A: 1151.03IU (23.02%), Folate: 60.74µg (15.19%), Potassium: 497.97mg (14.23%), Magnesium: 37.29mg (9.32%), Manganese: 0.18mg (9.01%), Vitamin B6: 0.16mg (7.76%), Fiber: 1.92g (7.69%), Copper: 0.14mg (6.98%), Vitamin B1: 0.1mg (6.51%), Vitamin B3: 1.09mg (5.43%), Vitamin E: 0.71mg (4.73%), Phosphorus: 44.6mg (4.46%), Iron: 0.8mg (4.43%), Calcium: 43.51mg (4.35%), Vitamin B5: 0.43mg (4.27%), Vitamin B2: 0.07mg (4.22%), Vitamin K: 3.89µg (3.7%), Zinc: 0.38mg (2.56%), Selenium: 0.78µg (1.11%)