



Fruit Juice Coolers

 **Gluten Free**  **Dairy Free**

READY IN



3 min.

SERVINGS



4

CALORIES



93 kcal

BEVERAGE

DRINK

Ingredients

- 12 ounce diet citrus soda chilled canned (such as original Fresca)
- 2 cups ice cubes
- 2 cups apricot-mango nectar (such as Jumex)
- 1 cup orange juice

Equipment

Directions

- Combine mango nectar and orange juice in a 1 1/2-quart pitcher. Slowly add citrus soda.
- Serve over ice, and garnish with lime wedges, if desired.

Nutrition Facts

PROTEIN 2.8% **FAT 1.86%** **CARBS 95.34%**

Properties

Glycemic Index:13, Glycemic Load:3.29, Inflammation Score:-7, Nutrition Score:5.5826087542202%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 92.76kcal (4.64%), Fat: 0.2g (0.31%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 22.49g (8.18%), Sugar: 20.77g (23.08%), Cholesterol: 0mg (0%), Sodium: 16.21mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.35%), Vitamin C: 50.08mg (60.7%), Vitamin A: 992.46IU (19.85%), Folate: 27.39µg (6.85%), Potassium: 160.07mg (4.57%), Vitamin B1: 0.06mg (4.25%), Calcium: 34.26mg (3.43%), Copper: 0.07mg (3.34%), Iron: 0.59mg (3.29%), Magnesium: 11.77mg (2.94%), Vitamin B2: 0.04mg (2.47%), Manganese: 0.04mg (2.19%), Vitamin B6: 0.04mg (2.18%), Phosphorus: 21.55mg (2.16%), Vitamin B5: 0.21mg (2.06%), Fiber: 0.5g (2%), Vitamin E: 0.29mg (1.92%), Vitamin B3: 0.35mg (1.74%), Vitamin K: 1.07µg (1.02%)