



Fruited Citrus Refresher



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



40

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup maraschino cherry juice
- ☐ 2 cups ruby grapefruit juice cocktail red
- ☐ 6 cups lemon-lime drink chilled soft
- ☐ 12 ounce limeade more frozen undiluted thawed canned
- ☐ 46 ounce pineapple juice canned

Equipment

Directions

- ☐ Combine first 4 ingredients; chill until ready to serve. Stir in lemon-lime soft drink just before serving.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:1.2, Glycemic Load:0.62, Inflammation Score:-1, Nutrition Score:1.06782608787%

Nutrients (% of daily need)

Calories: 53.58kcal (2.68%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.03%), Carbohydrates: 13.67g (4.56%), Net Carbohydrates: 13.04g (4.74%), Sugar: 12.86g (14.28%), Cholesterol: 0mg (0%), Sodium: 4.88mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.31mg (1.77%), Protein: 0.28g (0.56%), Vitamin C: 6.24mg (7.56%), Fiber: 0.62g (2.5%), Vitamin B1: 0.03mg (2.22%), Copper: 0.04mg (2.17%), Potassium: 61.14mg (1.75%), Magnesium: 6.66mg (1.67%), Vitamin B6: 0.02mg (1.24%), Calcium: 10.06mg (1.01%)