



Fruity Sangria Punch



Gluten Free



Dairy Free



Popular

READY IN



5 min.

SERVINGS



6

CALORIES



97 kcal

BEVERAGE

DRINK

Ingredients

- 1 medium apples thinly sliced
- 4 cups diet ginger ale chilled
- 1 cup grapes seedless sliced
- 1 medium cranberry-orange relish thinly sliced
- 2 cups water cold

Equipment

Directions

- Place drink mix and water in large plastic or glass pitcher; stir until drink mix is completely dissolved. Refrigerate until ready to serve.
- Stir in ginger ale and top with fruit just before serving.

Nutrition Facts

PROTEIN 1.8% **FAT 1.03%** **CARBS 97.17%**

Properties

Glycemic Index:30.58, Glycemic Load:12.65, Inflammation Score:-2, Nutrition Score:2.5913043553415%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 96.89kcal (4.84%), Fat: 0.12g (0.18%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 25.1g (8.37%), Net Carbohydrates: 23.62g (8.59%), Sugar: 23.1g (25.67%), Cholesterol: 0mg (0%), Sodium: 15.76mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.93%), Vitamin C: 13.82mg (16.75%), Fiber: 1.48g (5.91%), Copper: 0.09mg (4.55%), Vitamin K: 4.34µg (4.13%), Potassium: 121.62mg (3.47%), Vitamin B1: 0.04mg (2.77%), Manganese: 0.05mg (2.72%), Iron: 0.43mg (2.4%), Vitamin B6: 0.05mg (2.36%), Calcium: 20.16mg (2.02%), Vitamin B2: 0.03mg (2.01%), Folate: 7.96µg (1.99%), Magnesium: 7.82mg (1.96%), Vitamin A: 82.11IU (1.64%), Phosphorus: 11.43mg (1.14%)