



## Gingered Citrus Cooler

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



271 kcal

BEVERAGE

DRINK

### Ingredients

- 1 quart apple juice divided
- 2.7 ounce crystallized ginger
- 1 lime thinly sliced
- 1 quart orange juice
- 1 quart pineapple juice

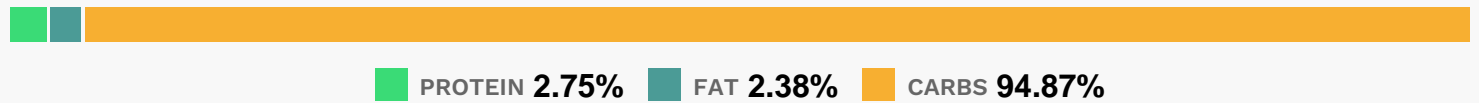
### Equipment

- sauce pan

## Directions

- Combine 2 cups apple juice, lime, and ginger in a small saucepan. Bring to a boil; reduce heat and simmer, uncovered, 3 minutes.
- Remove from heat; cover and let cool.
- Strain juice mixture into a pitcher; discard ginger and lime. Stir in remaining 2 cups apple juice, pineapple juice, and orange juice; chill thoroughly.
- Note: For a Rum-Spiked Cooler, mix 4 parts Gingered Citrus Cooler with 1 part golden rum.

## Nutrition Facts



## Properties

Glycemic Index:28.46, Glycemic Load:24.97, Inflammation Score:-7, Nutrition Score:12.477391266305%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 7.43mg, Epicatechin: 7.43mg, Epicatechin: 7.43mg, Epicatechin: 7.43mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 23.65mg, Hesperetin: 23.65mg, Hesperetin: 23.65mg Naringenin: 3.76mg, Naringenin: 3.76mg, Naringenin: 3.76mg, Naringenin: 3.76mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

## Nutrients (% of daily need)

Calories: 271.45kcal (13.57%), Fat: 0.73g (1.13%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 65.75g (21.92%), Net Carbohydrates: 64.49g (23.45%), Sugar: 54.02g (60.02%), Cholesterol: 0mg (0%), Sodium: 13.2mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin C: 99.3mg (120.37%), Manganese: 0.93mg (46.73%), Potassium: 691.19mg (19.75%), Folate: 76.6µg (19.15%), Vitamin B1: 0.27mg (17.99%), Vitamin B6: 0.25mg (12.7%), Magnesium: 44.83mg (11.21%), Copper: 0.2mg (10.22%), Vitamin A: 330.5IU (6.61%), Vitamin B2: 0.11mg (6.44%), Iron: 1.06mg (5.89%), Calcium: 54.16mg (5.42%), Vitamin B3: 1.08mg (5.41%), Phosphorus: 52.48mg (5.25%), Fiber: 1.26g (5.04%), Vitamin B5: 0.49mg (4.9%), Zinc: 0.3mg (1.97%)