



Grapefruit Citrus Cooler

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



49 kcal

BEVERAGE

DRINK

Ingredients

- 3.5 cups grapefruit juice red chilled
- 0.3 cup juice of lemon
- 3 tablespoons juice of lime
- 0.5 cup sugar
- 4 cups seltzer water chilled

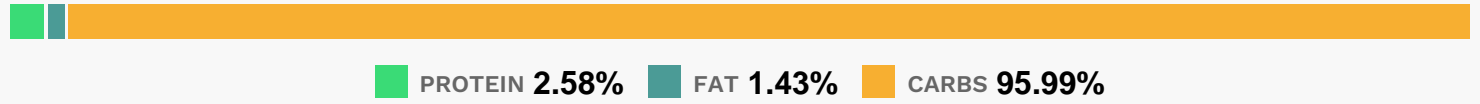
Equipment

- bowl

Directions

- In large punch bowl or pitcher, combine juices and sugar; mix well.
- Just before serving, add club soda; stir gently.
- Serve over ice.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:7.09, Inflammation Score:-1, Nutrition Score:1.3247825843485%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 49.35kcal (2.47%), Fat: 0.08g (0.13%), Saturated Fat: 0g (0.01%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 12.38g (4.5%), Sugar: 12.06g (13.4%), Cholesterol: 0mg (0%), Sodium: 13.61mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%), Vitamin C: 16.21mg (19.64%), Potassium: 92.16mg (2.63%), Magnesium: 6.21mg (1.55%), Iron: 0.22mg (1.23%)