



Grapefruit Soda



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



9

CALORIES



42 kcal

BEVERAGE

DRINK

Ingredients

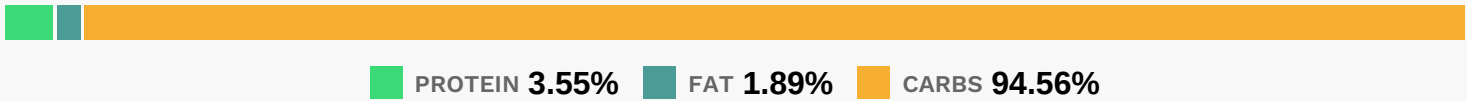
- ☐ 9 cups club soda chilled
- ☐ 12 fluid ounce grape juice concentrate white frozen thawed canned
- ☐ 12 fluid ounce concentrated grapefruit juice frozen thawed canned

Equipment

Directions

Mix the grapefruit juice and white grape juice concentrates in a 1-quart pitcher until thoroughly combined. Store mixture in refrigerator. To serve, pour 1/3 cup of concentrate mix into a glass, and mix with 1 cup of cold club soda or sparkling water.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:2.08, Inflammation Score:-1, Nutrition Score:1.5121738875042%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg Malvidin: 4.4mg, Malvidin: 4.4mg, Malvidin: 4.4mg, Malvidin: 4.4mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 41.79kcal (2.09%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 10.2g (3.4%), Net Carbohydrates: 10.08g (3.67%), Sugar: 9.94g (11.04%), Cholesterol: 0mg (0%), Sodium: 52.44mg (2.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%), Vitamin C: 10.65mg (12.9%), Manganese: 0.1mg (4.83%), Potassium: 109.61mg (3.13%), Magnesium: 10.25mg (2.56%), Zinc: 0.3mg (2.02%), Calcium: 19.32mg (1.93%), Iron: 0.28mg (1.56%), Copper: 0.02mg (1.06%)