



Italian Fruit Punch



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



190 kcal

BEVERAGE

DRINK

Ingredients

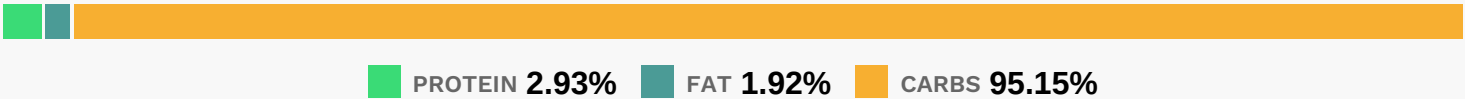
- ☐ 4 servings licorice black for garnish
- ☐ 4 servings ice cubes
- ☐ 0.3 cup limoncello
- ☐ 0.5 cup maraschino liqueur
- ☐ 2 cups orange juice
- ☐ 2 cups seltzer water chilled

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine all the ingredients, except the licorice, in a pitcher. Stir to mix.
- ☐ Pour into glasses and garnish with a stalk of licorice.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:6.58, Inflammation Score:-6, Nutrition Score:5.6673913763269%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 189.71kcal (9.49%), Fat: 0.26g (0.4%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 28.88g (9.63%), Net Carbohydrates: 28.63g (10.41%), Sugar: 25.87g (28.74%), Cholesterol: 0mg (0%), Sodium: 33.55mg (1.46%), Alcohol: 16.65g (100%), Alcohol %: 6.14% (100%), Protein: 0.89g (1.78%), Vitamin C: 62mg (75.15%), Folate: 37.2µg (9.3%), Vitamin B1: 0.11mg (7.44%), Potassium: 250.37mg (7.15%), Vitamin A: 248IU (4.96%), Magnesium: 15.38mg (3.85%), Copper: 0.07mg (3.53%), Vitamin B3: 0.5mg (2.48%), Vitamin B6: 0.05mg (2.48%), Vitamin B5: 0.24mg (2.36%), Vitamin B2: 0.04mg (2.19%), Calcium: 21.23mg (2.12%), Phosphorus: 21.08mg (2.11%), Iron: 0.26mg (1.44%), Zinc: 0.19mg (1.24%)