



Kid-Friendly Frozen Sangría



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 1 gal. cranberry juice
- ☐ 2 liter lemon-lime drink soft
- ☐ 12 oz limeade more frozen thawed canned
- ☐ 2 cups oranges sliced

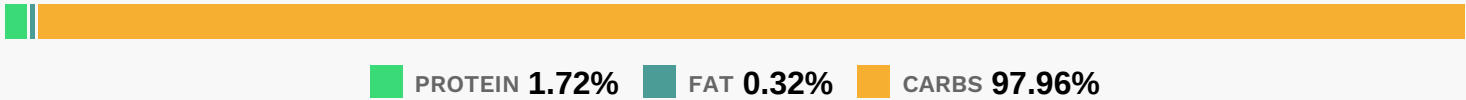
Equipment

- ☐ bowl

Directions

- ☐ Place 1 (2-gal.) zip-top plastic freezer bag inside another 2-gal. zip-top plastic freezer bag.
- ☐ Place bags in a large bowl.
- ☐ Combine cranberry juice, limeade, and lemon-lime soft drink in the inside bag. Seal both bags, and freeze 24 hours. (Double bagging is a precaution to avoid spills.)
- ☐ Remove mixture from freezer 1 hour before serving, squeezing occasionally until slushy.
- ☐ Transfer mixture to a 2-gal. container. Stir in fruit.

Nutrition Facts



Properties

Glycemic Index:9.85, Glycemic Load:1.45, Inflammation Score:-2, Nutrition Score:1.9539130239383%

Flavonoids

Hesperetin: 9.81mg, Hesperetin: 9.81mg, Hesperetin: 9.81mg, Hesperetin: 9.81mg Naringenin: 5.52mg, Naringenin: 5.52mg, Naringenin: 5.52mg, Naringenin: 5.52mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 116.02kcal (5.8%), Fat: 0.04g (0.07%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 29.5g (9.83%), Net Carbohydrates: 28.64g (10.41%), Sugar: 27.73g (30.81%), Cholesterol: 0mg (0%), Sodium: 22.11mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 29.93mg (9.98%), Protein: 0.52g (1.04%), Vitamin C: 19.16mg (23.23%), Fiber: 0.86g (3.46%), Folate: 10.8µg (2.7%), Vitamin B1: 0.03mg (2.09%), Potassium: 67.23mg (1.92%), Calcium: 18.4mg (1.84%), Vitamin A: 81.04IU (1.62%), Magnesium: 5.6mg (1.4%), Vitamin B6: 0.02mg (1.08%)