



Mango Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



119 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 servings ice cubes
- ☐ 4 cups lemon lime soda
- ☐ 3 tablespoons juice of lime fresh (2 large limes)
- ☐ 4 cups mangos cubed (1-inch) (2 large mangos)
- ☐ 1 cup orange juice
- ☐ 1 cup strawberries sliced

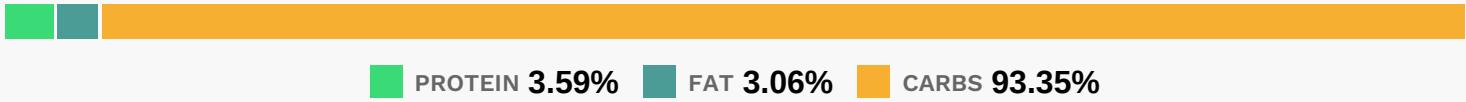
Equipment

- ☐ blender

Directions

- ☐ Place half of first 4 ingredients in a blender; process until smooth.
- ☐ Pour into a pitcher. Repeat with remaining half of ingredients. Chill until ready to serve. Gently stir in soda.
- ☐ Serve over ice.
- ☐ To Your Health Blend this punch when your immune system needs a boost: oranges, mangos, and strawberries are all loaded with vitamin C. (A cup of mango alone gives you your daily dose.)

Nutrition Facts



Properties

Glycemic Index:17.97, Glycemic Load:7.77, Inflammation Score:-7, Nutrition Score:7.294782511566%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 4.49mg, Pelargonidin: 4.49mg, Pelargonidin: 4.49mg, Pelargonidin: 4.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 4.21mg, Hesperetin: 4.21mg, Hesperetin: 4.21mg, Hesperetin: 4.21mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 119kcal (5.95%), Fat: 0.43g (0.67%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 29.75g (9.92%), Net Carbohydrates: 27.99g (10.18%), Sugar: 26.91g (29.9%), Cholesterol: 0mg (0%), Sodium: 16.03mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.7mg (5.9%), Protein: 1.14g (2.29%), Vitamin C: 57.8mg (70.06%),

Vitamin A: 959.62IU (19.19%), Folate: 49.66µg (12.41%), Fiber: 1.76g (7.06%), Potassium: 235.9mg (6.74%),
Manganese: 0.13mg (6.34%), Copper: 0.12mg (6.22%), Vitamin B6: 0.12mg (6.06%), Vitamin E: 0.82mg (5.46%),
Magnesium: 16.19mg (4.05%), Vitamin B3: 0.77mg (3.86%), Vitamin B1: 0.06mg (3.78%), Vitamin K: 3.93µg (3.74%),
Vitamin B2: 0.05mg (2.67%), Vitamin B5: 0.25mg (2.51%), Phosphorus: 21.93mg (2.19%), Calcium: 20.19mg (2.02%),
Iron: 0.3mg (1.65%)