



## Orange-Mango Punch

READY IN



5 min.

SERVINGS



5

CALORIES



127 kcal

BEVERAGE

DRINK

### Ingredients

- 6 cups water and ice cubes mixed cold
- 0.5 cup kool-aid tropical punch flavor sugar-sweetened drink mix
- 2 cups apricot-mango nectar cold
- 1 cup orange juice cold

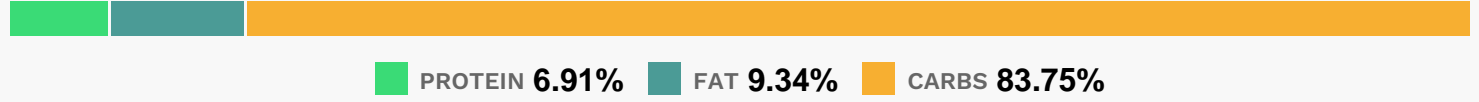
### Equipment

- bowl

### Directions

- Add water and ice cubes to soft drink mix in large plastic or glass pitcher or punch bowl; stir until mix is dissolved.
- Stir in nectar and juice.
- Serve immediately. Or, refrigerate until ready to serve.

## Nutrition Facts



### Properties

Glycemic Index:10.4, Glycemic Load:2.63, Inflammation Score:-6, Nutrition Score:6.3665217472159%

### Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

### Nutrients (% of daily need)

Calories: 127.02kcal (6.35%), Fat: 1.35g (2.08%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 26.8g (9.75%), Sugar: 22.57g (25.08%), Cholesterol: 3mg (1%), Sodium: 70.34mg (3.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.49%), Vitamin C: 40.42mg (49%), Vitamin A: 821.97IU (16.44%), Vitamin B2: 0.13mg (7.82%), Vitamin B1: 0.11mg (7.39%), Folate: 27.66µg (6.91%), Calcium: 68.29mg (6.83%), Potassium: 218.05mg (6.23%), Magnesium: 22.93mg (5.73%), Phosphorus: 55.19mg (5.52%), Copper: 0.11mg (5.37%), Vitamin B3: 0.93mg (4.67%), Vitamin B6: 0.09mg (4.31%), Selenium: 2.5µg (3.57%), Manganese: 0.06mg (3.23%), Iron: 0.55mg (3.05%), Vitamin B5: 0.24mg (2.43%), Vitamin E: 0.28mg (1.84%), Vitamin B12: 0.1µg (1.67%), Fiber: 0.41g (1.65%), Vitamin K: 1.53µg (1.46%), Zinc: 0.2mg (1.31%)