



Pomegranate-Orange Sparkler

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



2 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients


- 4 lemon wedges
- 1 cup orange juice chilled
- 1 cup pomegranate juice chilled
- 2 cups seltzer water chilled
- 0.3 cup sugar

Equipment

Directions

Combine pomegranate juice, orange juice, and sugar in a large pitcher; stir until sugar dissolves. Stir in sparkling water, and serve immediately over ice with lemon wedges.

Nutrition Facts

 **PROTEIN 2.39%**  **FAT 2.95%**  **CARBS 94.66%**

Properties

Glycemic Index:36.9, Glycemic Load:12.31, Inflammation Score:-4, Nutrition Score:4.9226086632065%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Eriodictyol: 3.95mg, Eriodictyol: 3.95mg, Eriodictyol: 3.95mg, Eriodictyol: 3.95mg Hesperetin: 12.43mg, Hesperetin: 12.43mg, Hesperetin: 12.43mg, Hesperetin: 12.43mg Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 114.86kcal (5.74%), Fat: 0.4g (0.61%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 28.73g (9.58%), Net Carbohydrates: 28.04g (10.2%), Sugar: 25.98g (28.86%), Cholesterol: 0mg (0%), Sodium: 31.55mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.45%), Vitamin C: 40.6mg (49.21%), Folate: 35.52µg (8.88%), Potassium: 284.67mg (8.13%), Vitamin K: 6.54µg (6.22%), Vitamin B1: 0.07mg (4.82%), Manganese: 0.07mg (3.75%), Magnesium: 13.8mg (3.45%), Vitamin B5: 0.33mg (3.29%), Vitamin B6: 0.06mg (3.2%), Fiber: 0.69g (2.76%), Copper: 0.05mg (2.75%), Vitamin A: 127.96IU (2.56%), Calcium: 24.39mg (2.44%), Vitamin B3: 0.41mg (2.06%), Phosphorus: 20.27mg (2.03%), Vitamin B2: 0.03mg (1.99%), Vitamin E: 0.29mg (1.92%), Iron: 0.31mg (1.74%), Zinc: 0.22mg (1.45%)