



Raspberry-Orange Sangria Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



162 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups club soda
- 4 cups low-calorie cranberry juice cocktail
- 1 cup orange juice
- 1 cup grape juice white

Equipment

Directions

Place all ingredients in glass or plastic pitcher.

Stir until mix is dissolved.

Serve over ice.

Nutrition Facts

 PROTEIN **1.29%**  FAT **2%**  CARBS **96.71%**

Properties

Glycemic Index:22.4, Glycemic Load:19.03, Inflammation Score:-5, Nutrition Score:6.6952173943105%

Flavonoids

Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg Petunidin: 0.52mg, Petunidin: 0.52mg, Petunidin: 0.52mg, Petunidin: 0.52mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Malvidin: 5.65mg, Malvidin: 5.65mg, Malvidin: 5.65mg, Malvidin: 5.65mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 1.37mg, Peonidin: 1.37mg, Peonidin: 1.37mg, Peonidin: 1.37mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 2.29mg, Epicatechin: 2.29mg, Epicatechin: 2.29mg, Epicatechin: 2.29mg 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 Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

Nutrients (% of daily need)

Calories: 161.98kcal (8.1%), Fat: 0.37g (0.57%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 39.96g (13.32%), Net Carbohydrates: 39.76g (14.46%), Sugar: 35.44g (39.37%), Cholesterol: 0mg (0%), Sodium: 26.95mg (1.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.07%), Vitamin C: 110.47mg (133.9%), Manganese: 0.23mg (11.3%), Potassium: 182.05mg (5.2%), Folate: 14.88µg (3.72%), Vitamin B1: 0.05mg (3.55%), Magnesium: 13.49mg (3.37%), Vitamin E: 0.47mg (3.1%), Copper: 0.06mg (2.84%), Iron: 0.44mg (2.43%), Vitamin A: 119.44IU (2.39%), Vitamin B5: 0.22mg (2.24%), Calcium: 21.83mg (2.18%), Vitamin K: 2.28µg (2.17%), Vitamin B6: 0.04mg (1.8%), Phosphorus: 17.54mg (1.75%), Vitamin B3: 0.35mg (1.74%), Zinc: 0.22mg (1.44%), Vitamin B2: 0.02mg (1.32%)