



Red Velvet Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



6

CALORIES



148 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 tablespoons agave nectar
- ☐ 1 liter club soda
- ☐ 6 servings ice cubes
- ☐ 2 limes cut into wedges
- ☐ 1 Handful mint leaves
- ☐ 3 cups pomegranate juice
- ☐ 1 pint raspberries fresh

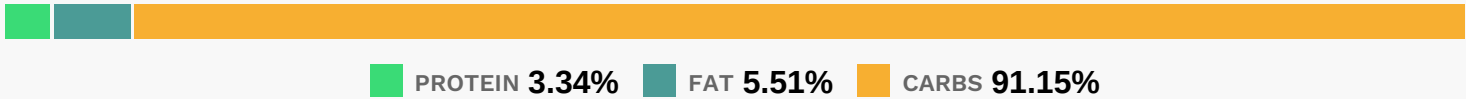
Equipment

☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Add the raspberries, agave nectar, lime, and mint to the bottom of a glass pitcher. Muddle with a wooden spoon. Top with ice, club soda, and pomegranate juice. Stir together and pour into glasses filled with ice.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:2.86, Inflammation Score:-4, Nutrition Score:9.0278260241384%

Flavonoids

Cyanidin: 39.08mg, Cyanidin: 39.08mg, Cyanidin: 39.08mg, Cyanidin: 39.08mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 2.05mg, Delphinidin: 2.05mg, Delphinidin: 2.05mg, Delphinidin: 2.05mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.88mg, Pelargonidin: 0.88mg, Pelargonidin: 0.88mg, Pelargonidin: 0.88mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 9.67mg, Hesperetin: 9.67mg, Hesperetin: 9.67mg, Hesperetin: 9.67mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 147.96kcal (7.4%), Fat: 0.97g (1.5%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 30.21g (10.99%), Sugar: 26.69g (29.66%), Cholesterol: 0mg (0%), Sodium: 50.87mg (2.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Vitamin C: 29.28mg (35.49%), Manganese: 0.66mg (32.92%), Fiber: 5.95g (23.8%), Vitamin K: 21.6µg (20.57%), Folate: 52.14µg (13.03%), Potassium: 415.84mg (11.88%), Vitamin E: 1.31mg (8.74%), Magnesium: 30.27mg (7.57%), Copper: 0.13mg (6.69%), Vitamin B5: 0.67mg (6.65%), Vitamin B6: 0.13mg (6.41%), Calcium: 52.52mg (5.25%), Iron: 0.86mg (4.79%), Vitamin B3: 0.89mg (4.45%), Zinc: 0.65mg (4.32%), Vitamin B1: 0.06mg (4.26%), Vitamin B2: 0.07mg (4.25%), Phosphorus: 41.18mg (4.12%),

Vitamin A: 65.51IU (1.31%), Selenium: 0.8µg (1.14%)