



Sangria Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



180 kcal

BEVERAGE

DRINK

Ingredients

- 3 cups club soda cold
- 4 cups cranberry juice cocktail cold reduced-calorie
- 0.8 cup pink lemonade flavor drink mix
- 1 Tbsp juice of lime fresh
- 2 limes sliced
- 1 cup orange juice cold
- 2 oranges sliced

Equipment

Directions

- Stir first 4 ingredients in 2-qt. glass or plastic pitcher until mix is dissolved.
- Refrigerate until ready to serve.
- Add club soda and fruit; stir.
- Serve in ice-filled glasses.

Nutrition Facts

PROTEIN 1.36% **FAT 2.25%** **CARBS 96.39%**

Properties

Glycemic Index:23.31, Glycemic Load:13.61, Inflammation Score:-6, Nutrition Score:7.2991304112517%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 20mg, Hesperetin: 20mg, Hesperetin: 20mg, Hesperetin: 20mg Naringenin: 6.26mg, Naringenin: 6.26mg, Naringenin: 6.26mg, Naringenin: 6.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 180.4kcal (9.02%), Fat: 0.48g (0.73%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 45.95g (15.32%), Net Carbohydrates: 44.55g (16.2%), Sugar: 40.39g (44.88%), Cholesterol: 0mg (0%), Sodium: 32.27mg (1.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin C: 100.02mg (121.24%), Magnesium: 60.47mg (15.12%), Fiber: 1.41g (5.63%), Folate: 21.88µg (5.47%), Potassium: 190.08mg (5.43%), Vitamin B1: 0.06mg (4.33%), Manganese: 0.08mg (3.95%), Calcium: 34.62mg (3.46%), Copper: 0.07mg (3.35%), Vitamin A: 156.96IU (3.14%), Vitamin E: 0.42mg (2.79%), Vitamin B5: 0.26mg (2.57%), Vitamin B6: 0.05mg (2.26%), Iron: 0.37mg (2.06%), Vitamin B3: 0.33mg (1.65%), Vitamin B2: 0.03mg (1.53%), Phosphorus: 15.22mg (1.52%), Zinc: 0.21mg (1.37%), Vitamin K: 1.41µg (1.34%)