



## Sparkling Breakfast Punch

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



166 kcal

BEVERAGE

DRINK

### Ingredients

- 1 liter seltzer water chilled
- 1 liter ginger ale chilled
- 3 cups orange juice chilled
- 2 cups pineapple juice chilled
- 3 cups pomegranate juice chilled

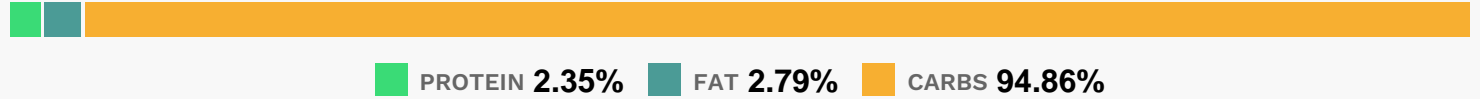
### Equipment

- bowl

## Directions

- In a large bowl, combine orange juice, pineapple juice and pomegranate juice. Cover and refrigerate for at least 2 hours. Just before serving, stir in ginger ale and club soda.
- Serve punch over ice.

## Nutrition Facts



## Properties

Glycemic Index:20.13, Glycemic Load:15.25, Inflammation Score:-5, Nutrition Score:8.0356522098832%

## Flavonoids

Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

## Nutrients (% of daily need)

Calories: 165.94kcal (8.3%), Fat: 0.53g (0.81%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 40.42g (13.47%), Net Carbohydrates: 40.02g (14.55%), Sugar: 36.56g (40.63%), Cholesterol: 0mg (0%), Sodium: 45.49mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2.01%), Vitamin C: 52.49mg (63.63%), Manganese: 0.42mg (20.83%), Folate: 60.93µg (15.23%), Potassium: 466.27mg (13.32%), Vitamin K: 9.98µg (9.51%), Vitamin B1: 0.13mg (8.8%), Vitamin B6: 0.13mg (6.68%), Magnesium: 26.34mg (6.59%), Copper: 0.13mg (6.56%), Vitamin B5: 0.48mg (4.76%), Iron: 0.7mg (3.88%), Calcium: 38.16mg (3.82%), Vitamin A: 188.95IU (3.78%), Vitamin B3: 0.71mg (3.53%), Vitamin B2: 0.05mg (3.19%), Phosphorus: 30.8mg (3.08%), Vitamin E: 0.4mg (2.69%), Zinc: 0.38mg (2.55%), Fiber: 0.4g (1.59%)