



Sparkling Citrus Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



12

CALORIES



13 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 can grapefruit juice frozen thawed (12-ounce size)
- 0.5 can orange juice concentrate frozen thawed (12-ounce size)
- 1 liter seltzer water chilled
- 2 cups water cold

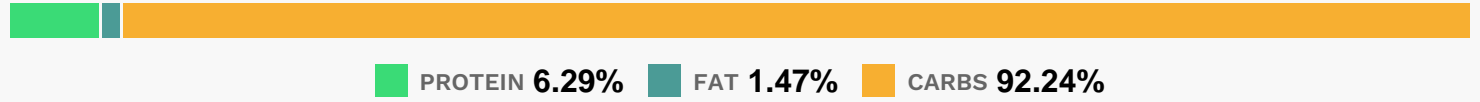
Equipment

- bowl

Directions

- Mix all ingredients in punch bowl.
- Serve over ice.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2847825976332%

Nutrients (% of daily need)

Calories: 13.15kcal (0.66%), Fat: 0.02g (0.03%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 3.04g (1.11%), Sugar: 2.64g (2.93%), Cholesterol: 0mg (0%), Sodium: 20.09mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.43%), Vitamin C: 12.88mg (15.61%), Folate: 6.83µg (1.71%), Potassium: 57.56mg (1.64%), Vitamin B1: 0.02mg (1.63%), Vitamin B6: 0.02mg (1.15%), Magnesium: 4.34mg (1.08%)