



Sparkling Citrus Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



12

CALORIES



13 kcal

BEVERAGE

DRINK

Ingredients

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

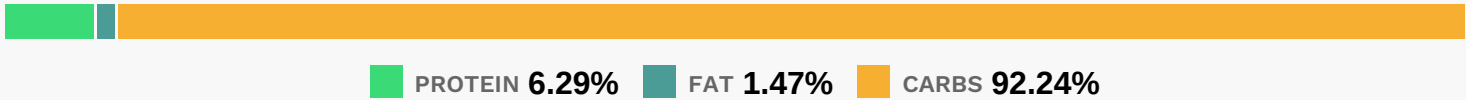
Equipment

- ☐ bowl

Directions

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

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2839130630474%

Nutrients (% of daily need)

Calories: 13.14kcal (0.66%), Fat: 0.02g (0.03%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 3.04g (1.1%), 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: 12.87mg (15.6%), Folate: 6.83µg (1.71%), Potassium: 57.49mg (1.64%), Vitamin B1: 0.02mg (1.63%), Vitamin B6: 0.02mg (1.15%), Magnesium: 4.33mg (1.08%)