



Sparkling Citrus Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



22

CALORIES



31 kcal

BEVERAGE

DRINK

Ingredients

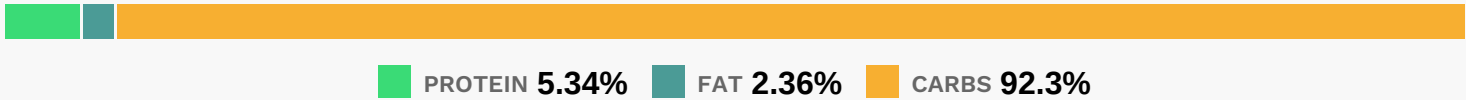
- ☐ 0.8 cup all-natural apricot nectar chilled
- ☐ 0.8 cup pink grapefruit juice cocktail chilled
- ☐ 12 ounce orange-tangerine juice concentrate undiluted thawed canned
- ☐ 3 cups seltzer water chilled

Equipment

Directions

- ☐
- Combine first 3 ingredients in a pitcher; chill.
- ☐
- Add sparkling water; serve immediately over ice.

Nutrition Facts



Properties

Glycemic Index:2.18, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:2.5826087438542%

Nutrients (% of daily need)

Calories: 31.38kcal (1.57%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 7.33g (2.66%), Sugar: 6.57g (7.3%), Cholesterol: 0mg (0%), Sodium: 8.7mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.87%), Vitamin C: 27.13mg (32.88%), Vitamin A: 171.78IU (3.44%), Potassium: 116.68mg (3.33%), Vitamin B1: 0.05mg (3.18%), Folate: 12.15µg (3.04%), Vitamin B6: 0.04mg (2.17%), Magnesium: 6.97mg (1.74%), Vitamin B2: 0.03mg (1.67%), Phosphorus: 10.75mg (1.07%), Vitamin B3: 0.21mg (1.03%), Vitamin B5: 0.1mg (1.03%)