



Sparkling Citrus Punch for a Crowd



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



30

CALORIES



43 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 24 ounces grapefruit frozen canned
- ☐ 24 ounces orange juice concentrate frozen thawed canned
- ☐ 2 liter seltzer water chilled
- ☐ 8 cups water cold

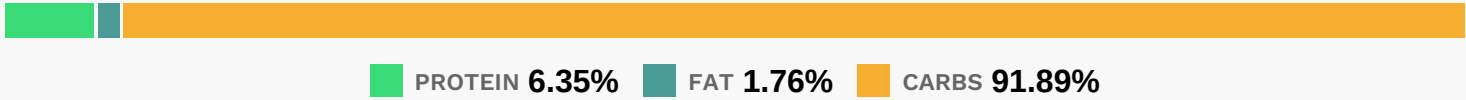
Equipment

- ☐ bowl

Directions

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

Nutrition Facts



Properties

Glycemic Index:0.83, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:4.0895651345668%

Flavonoids

Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 7.4mg, Naringenin: 7.4mg, Naringenin: 7.4mg, Naringenin: 7.4mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 43.09kcal (2.15%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 9.82g (3.57%), Sugar: 8.3g (9.22%), Cholesterol: 0mg (0%), Sodium: 18.74mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin C: 39.96mg (48.44%), Vitamin A: 346.77IU (6.94%), Folate: 20.41µg (5.1%), Potassium: 174.61mg (4.99%), Vitamin B1: 0.07mg (4.81%), Vitamin B6: 0.07mg (3.55%), Magnesium: 11.28mg (2.82%), Vitamin B2: 0.05mg (2.75%), Fiber: 0.59g (2.36%), Calcium: 18.83mg (1.88%), Vitamin B5: 0.19mg (1.86%), Phosphorus: 17.92mg (1.79%), Copper: 0.03mg (1.74%), Vitamin B3: 0.29mg (1.47%), Vitamin E: 0.17mg (1.1%)