



Sparkling Cranberry Mango Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



32

CALORIES



31 kcal

BEVERAGE

DRINK

Ingredients

- 48 oz sports drink chilled
- 50 oz grape juice white chilled
- 32 oz seltzer water chilled
- 2 medium apricots sliced

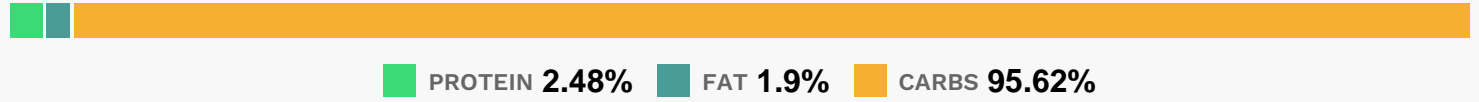
Equipment

- bowl

Directions

- Mix cranberry-mango drink and grape juice in punch bowl.
- Just before serving, stir in sparkling water and apricots.

Nutrition Facts



Properties

Glycemic Index:1.3, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.838260864596%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg Delphinidin: 0.85mg, Delphinidin: 0.85mg, Delphinidin: 0.85mg, Delphinidin: 0.85mg Malvidin: 4.95mg, Malvidin: 4.95mg, Malvidin: 4.95mg, Malvidin: 4.95mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 30.51kcal (1.53%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 7.37g (2.68%), Sugar: 6.49g (7.21%), Cholesterol: 0mg (0%), Sodium: 19mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.39%), Manganese: 0.11mg (5.39%), Calcium: 35.36mg (3.54%), Magnesium: 7.81mg (1.95%), Potassium: 52.3mg (1.49%)