



Sparkling Cranberry Mango Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



32

CALORIES



53 kcal

BEVERAGE

DRINK

Ingredients

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

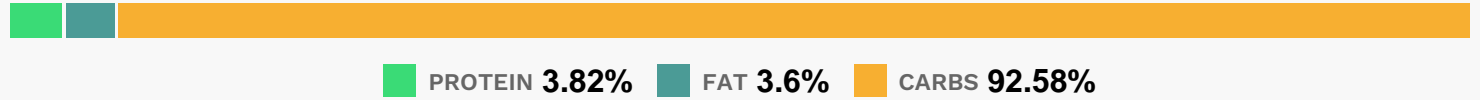
Equipment

- 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:2.92, Glycemic Load:3.03, Inflammation Score:-4, Nutrition Score:3.0699999876644%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg Malvidin: 4.95mg, Malvidin: 4.95mg, Malvidin: 4.95mg, Malvidin: 4.95mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 53.14kcal (2.66%), Fat: 0.23g (0.35%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 13.16g (4.39%), Net Carbohydrates: 12.35g (4.49%), Sugar: 12.32g (13.69%), Cholesterol: 0mg (0%), Sodium: 8.62mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Vitamin C: 15.74mg (19.08%), Vitamin A: 505.79IU (10.12%), Manganese: 0.13mg (6.73%), Folate: 18.48µg (4.62%), Potassium: 123.74mg (3.54%), Vitamin B6: 0.07mg (3.3%), Fiber: 0.81g (3.25%), Copper: 0.06mg (2.93%), Vitamin E: 0.4mg (2.68%), Magnesium: 9.18mg (2.3%), Vitamin K: 2.04µg (1.94%), Vitamin B3: 0.36mg (1.78%), Vitamin B2: 0.02mg (1.39%), Vitamin B1: 0.02mg (1.34%), Phosphorus: 12.66mg (1.27%), Calcium: 11.25mg (1.13%), Vitamin B5: 0.11mg (1.1%), Iron: 0.19mg (1.06%)