



Sparkling Grape Juice-Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



175 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 750 milliliter sparkling grape juice white chilled
- ☐ 0.3 lb grapes seedless
- ☐ 0.3 cup lemonade concentrate frozen thawed

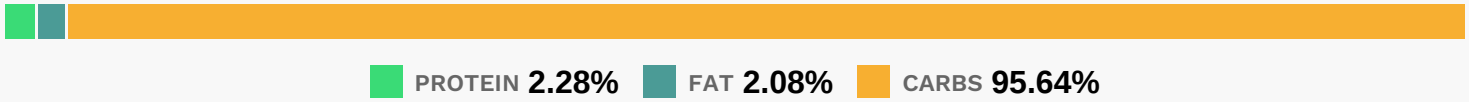
Equipment

Directions

- ☐
- Place grapes in a zip-top plastic freezer bag; seal bag. (Do not remove grapes from stems.) Freeze completely (about 4 hours).

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:2.99, Inflammation Score:-2, Nutrition Score:3.7352173723604%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Petunidin: 2.05mg, Petunidin: 2.05mg, Petunidin: 2.05mg, Petunidin: 2.05mg Delphinidin: 3.85mg, Delphinidin: 3.85mg, Delphinidin: 3.85mg, Delphinidin: 3.85mg Malvidin: 22.4mg, Malvidin: 22.4mg, Malvidin: 22.4mg, Malvidin: 22.4mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 2.13mg, Peonidin: 2.13mg, Peonidin: 2.13mg, Peonidin: 2.13mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.4mg, Myricetin: 1.4mg, Myricetin: 1.4mg, Myricetin: 1.4mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 175.37kcal (8.77%), Fat: 0.42g (0.65%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 43.84g (14.61%), Net Carbohydrates: 43.05g (15.65%), Sugar: 40.91g (45.46%), Cholesterol: 0mg (0%), Sodium: 11.82mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.09%), Manganese: 0.51mg (25.4%), Potassium: 291.37mg (8.32%), Vitamin K: 6.35µg (6.05%), Magnesium: 23.73mg (5.93%), Vitamin B6: 0.1mg (4.98%), Copper: 0.09mg (4.3%), Vitamin B1: 0.06mg (4.21%), Vitamin C: 3.35mg (4.06%), Phosphorus: 36.67mg (3.67%), Iron: 0.65mg (3.61%), Vitamin B2: 0.06mg (3.33%), Fiber: 0.79g (3.14%), Calcium: 26.87mg (2.69%), Vitamin B3: 0.35mg (1.77%), Vitamin B5: 0.13mg (1.32%), Zinc: 0.17mg (1.15%)