



Sparkling Guava Punch



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



150 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 liters ginger ale chilled
- ☐ 1 liter guava blend juice
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 liter seltzer chilled

Equipment

- ☐ bowl

Directions

- ☐ Mix guava and lemon juices in a large bowl or pitcher. Chill for at least 2hours. Just before serving, stir in ginger ale and seltzer.
- ☐ Serve in tall glasses over ice, garnished with lemon slices, if desired.

Nutrition Facts



Properties

Glycemic Index:7.88, Glycemic Load:13.76, Inflammation Score:-1, Nutrition Score:2.9330434392652%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 150.49kcal (7.52%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 38.48g (12.83%), Net Carbohydrates: 37.4g (13.6%), Sugar: 36.61g (40.67%), Cholesterol: 0mg (0%), Sodium: 49.1mg (2.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.11%), Vitamin C: 37.07mg (44.94%), Fiber: 1.08g (4.32%), Potassium: 150.38mg (4.3%), Copper: 0.05mg (2.74%), Iron: 0.47mg (2.63%), Manganese: 0.04mg (1.77%), Zinc: 0.26mg (1.72%), Calcium: 14.65mg (1.46%), Magnesium: 4.66mg (1.16%)