



Sparkling Peachy Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



24

CALORIES



38 kcal

BEVERAGE

DRINK

Ingredients

- 23 ounce peach juice chilled to taste canned
- 1 liter lemon-lime soda chilled sprite® (such as)
- 20 ounce peaches frozen

Equipment

- bowl

Directions

Mix white cranberry juice, lemon–lime soda, and peach juice together in a punch bowl. Floatas many peach slices and raspberries in the punch as desired.

Place remaining fruit back in freezer and add as needed.

Nutrition Facts

PROTEIN 4.87% **FAT 3%** **CARBS 92.13%**

Properties

Glycemic Index:3.35, Glycemic Load:1.76, Inflammation Score:-2, Nutrition Score:1.303043467843%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 38.37kcal (1.92%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 8.7g (3.16%), Sugar: 8.5g (9.44%), Cholesterol: 0mg (0%), Sodium: 10.76mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.23mg (2.08%), Protein: 0.5g (1%), Vitamin A: 165.58IU (3.31%), Fiber: 0.76g (3.05%), Vitamin C: 2.08mg (2.52%), Vitamin E: 0.37mg (2.47%), Vitamin B3: 0.42mg (2.08%), Copper: 0.04mg (1.98%), Potassium: 62.38mg (1.78%), Manganese: 0.03mg (1.55%), Selenium: 1.07µg (1.52%), Vitamin K: 1.52µg (1.45%), Magnesium: 4.48mg (1.12%), Phosphorus: 11.17mg (1.12%), Iron: 0.18mg (1.01%)