

Sparkling Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



10 min.

SERVINGS



20

CALORIES



70 kcal

BEVERAGE

DRINK

Ingredients

- 1500 milliliter sparkling apple cider
- 1 liter club soda
- 2 trays ice cubes
- 6 ounce lemonade concentrate frozen canned
- 2 lemons
- 3 large oranges
- 1 tablespoon sugar white

Equipment

bowl

Directions

- Thinly slice the lemons and the oranges and place in a large punch bowl.
- Pour in the thawed lemonade. Gently stir in the club soda and the sparkling apple cider.
- Add sugar to taste.
- Add ice.

Nutrition Facts

PROTEIN 2.55% **FAT 2.72%** **CARBS 94.73%**

Properties

Glycemic Index:8.94, Glycemic Load:5.09, Inflammation Score:-2, Nutrition Score:2.6660869116692%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 10.53mg, Hesperetin: 10.53mg, Hesperetin: 10.53mg, Hesperetin: 10.53mg Naringenin: 4.29mg, Naringenin: 4.29mg, Naringenin: 4.29mg, Naringenin: 4.29mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 69.5kcal (3.47%), Fat: 0.22g (0.34%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 17.56g (5.85%), Net Carbohydrates: 16.42g (5.97%), Sugar: 14.43g (16.03%), Cholesterol: 0mg (0%), Sodium: 14.38mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin C: 22.19mg (26.9%), Fiber: 1.14g (4.56%), Potassium: 147.56mg (4.22%), Manganese: 0.07mg (3.36%), Vitamin B1: 0.05mg (3.05%), Folate: 10.06µg (2.52%), Calcium: 22.98mg (2.3%), Magnesium: 8.47mg (2.12%), Vitamin B6: 0.04mg (2.02%), Vitamin B2: 0.03mg (1.53%), Copper: 0.03mg (1.49%), Vitamin B5: 0.14mg (1.36%), Vitamin A: 65.22IU (1.3%), Phosphorus: 11.42mg (1.14%), Iron: 0.2mg (1.08%)