



Speedy Spring Cooler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



68 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 ounce apple juice concentrate unsweetened frozen undiluted thawed canned
- ☐ 33.8 ounce club soda chilled
- ☐ 6 ounce orange juice concentrate frozen undiluted thawed canned

Equipment

Directions

- ☐ Combine all ingredients, and serve over ice.

Nutrition Facts



 **PROTEIN 4.22%**  **FAT 1.86%**  **CARBS 93.92%**

Properties

Glycemic Index:6.79, Glycemic Load:2.56, Inflammation Score:-3, Nutrition Score:4.3604347122752%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 68.04kcal (3.4%), Fat: 0.14g (0.22%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 16.39g (5.46%), Net Carbohydrates: 15.99g (5.81%), Sugar: 13.87g (15.42%), Cholesterol: 0mg (0%), Sodium: 37.79mg (1.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Vitamin C: 41.62mg (50.44%), Potassium: 238.78mg (6.82%), Vitamin B1: 0.09mg (5.99%), Folate: 21.83µg (5.46%), Vitamin B6: 0.08mg (4.2%), Magnesium: 14.35mg (3.59%), Vitamin B2: 0.06mg (3.49%), Manganese: 0.06mg (2.86%), Calcium: 23.29mg (2.33%), Vitamin A: 108.01IU (2.16%), Phosphorus: 21.26mg (2.13%), Vitamin B5: 0.19mg (1.87%), Vitamin B3: 0.35mg (1.75%), Copper: 0.03mg (1.66%), Fiber: 0.4g (1.59%), Zinc: 0.22mg (1.44%), Vitamin E: 0.18mg (1.17%)