



Splash-of-Citrus Punch

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



169 kcal

BEVERAGE

DRINK

Ingredients

- 1 env. kool-aid cherry flavor drink mix unsweetened
- 1 cup granular no-calorie sweetener
- 1.5 cups orange juice cold
- 1 L seltzer chilled

Equipment

Directions

- Combine first 2 ingredients in large pitcher.
- Stir in juice until drink mix is completely dissolved.
- Add seltzer.
- Serve over ice cubes in tall glasses.

Nutrition Facts

■ **PROTEIN 1.21%**
■ **FAT 0.83%**
■ **CARBS 97.96%**

Properties

Glycemic Index:20.4, Glycemic Load:22.19, Inflammation Score:-3, Nutrition Score:3.5169564445867%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 8.89mg, Hesperetin: 8.89mg, Hesperetin: 8.89mg, Hesperetin: 8.89mg Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 168.74kcal (8.44%), Fat: 0.17g (0.26%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 44.36g (14.79%), Net Carbohydrates: 44.21g (16.08%), Sugar: 38.46g (42.74%), Cholesterol: 0.05mg (0.02%), Sodium: 43.55mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Vitamin C: 37.21mg (45.1%), Folate: 22.41µg (5.6%), Vitamin B1: 0.07mg (4.53%), Potassium: 155.92mg (4.45%), Vitamin A: 149.25IU (2.98%), Magnesium: 10.37mg (2.59%), Copper: 0.05mg (2.26%), Calcium: 18.78mg (1.88%), Zinc: 0.24mg (1.59%), Vitamin B3: 0.31mg (1.54%), Vitamin B6: 0.03mg (1.53%), Vitamin B5: 0.14mg (1.43%), Vitamin B2: 0.02mg (1.42%), Phosphorus: 13.36mg (1.34%)