



Strawberry Spritzer Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



250 min.

SERVINGS



24

CALORIES



67 kcal

BEVERAGE

DRINK

Ingredients

- 24 oz grape juice white
- 12 oz lemonade concentrate frozen thawed canned
- 2 lb strawberries whole frozen thawed
- 24 oz coca-cola chilled canned (3 cups)

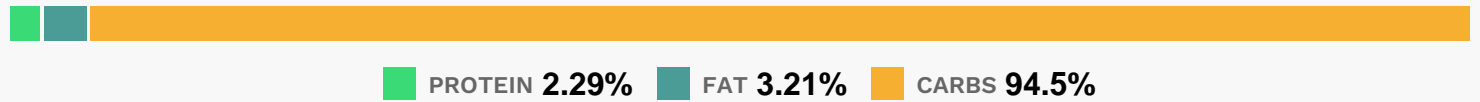
Equipment

- blender

Directions

- In blender, place 1/2 cup of the grape juice, 1 can lemonade and 1 bag strawberries. Cover; blend on high speed until smooth.
- Pour into 4-quart nonmetal container; repeat. Stir in remaining grape juice.
- Cover; freeze at least 4 hours, stirring occasionally.
- Remove container from freezer 30 minutes before serving. Just before serving, stir in carbonated beverage.
- Garnish as desired.

Nutrition Facts



Properties

Glycemic Index:4.29, Glycemic Load:2.57, Inflammation Score:-2, Nutrition Score:2.79956521353%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Malvidin: 3.17mg, Malvidin: 3.17mg, Malvidin: 3.17mg, Malvidin: 3.17mg Pelargonidin: 9.4mg, Pelargonidin: 9.4mg, Pelargonidin: 9.4mg, Pelargonidin: 9.4mg Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 67.38kcal (3.37%), Fat: 0.26g (0.39%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 16.87g (5.62%), Net Carbohydrates: 16.02g (5.82%), Sugar: 14.72g (16.36%), Cholesterol: 0mg (0%), Sodium: 3.92mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Vitamin C: 24.11mg (29.23%), Manganese: 0.22mg (10.8%), Fiber: 0.86g (3.42%), Potassium: 98.09mg (2.8%), Folate: 10.06µg (2.52%), Magnesium: 8.74mg (2.19%),

Phosphorus: 16.87mg (1.69%), Iron: 0.27mg (1.5%), Vitamin B6: 0.03mg (1.48%), Copper: 0.03mg (1.27%), Vitamin B1: 0.02mg (1.12%), Calcium: 10.73mg (1.07%)