



## Tropical Island Refresher

 Vegetarian

READY IN



5 min.

SERVINGS



7

CALORIES



171 kcal

SIDE DISH

### Ingredients

- 1 L diet carbonated lemon–lime beverage chilled
- 1 env. kool-aid tropical punch flavor drink mix unsweetened
- 1 cup granular no-calorie sweetener
- 1 cup orange juice
- 2 cups water cold

### Equipment

- bowl

## Directions

- Place drink mix and sweetener in punch bowl.
- Add water; stir until drink mix is dissolved. Stir in orange juice.
- Refrigerate until ready to serve.
- Stir in carbonated beverage just before serving.
- Pour over ice cubes in tall glasses.

## Nutrition Facts

**PROTEIN 0.88%** **FAT 0.42%** **CARBS 98.7%**

## Properties

Glycemic Index:14.57, Glycemic Load:14.91, Inflammation Score:-1, Nutrition Score:1.6904347741409%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 4.23mg, Hesperetin: 4.23mg, Hesperetin: 4.23mg, Hesperetin: 4.23mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 170.98kcal (8.55%), Fat: 0.08g (0.13%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 44.69g (14.9%), Net Carbohydrates: 44.62g (16.23%), Sugar: 40.51g (45.01%), Cholesterol: 0.03mg (0.01%), Sodium: 18.56mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 21.38mg (7.13%), Protein: 0.4g (0.79%), Vitamin C: 17.72mg (21.48%), Folate: 10.69µg (2.67%), Vitamin B1: 0.03mg (2.17%), Potassium: 74.51mg (2.13%), Magnesium: 6.13mg (1.53%), Vitamin A: 71.18IU (1.42%), Copper: 0.03mg (1.33%)