



Tropical Punch Spritzer

 Vegetarian

READY IN



190 min.

SERVINGS



10

CALORIES



106 kcal

BEVERAGE

DRINK

Ingredients

- 1 liter carbonated lemon-lime beverage chilled
- 1 cup kool-aid tropical punch flavor sugar-sweetened drink mix
- 1 cup orange juice
- 2 cups water

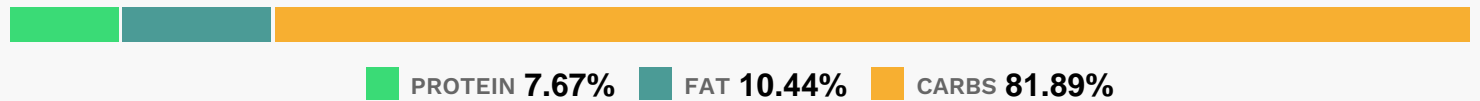
Equipment

- bowl

Directions

- Add water to drink mix in 1-1/2-quart pitcher; stir until drink mix is completely dissolved. Stir in orange juice.
- Refrigerate several hours or until chilled.
- Pour into punch bowl when ready to serve. Stir in carbonated beverage.
- Serve over ice cubes, if desired.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:1.32, Inflammation Score:-2, Nutrition Score:3.058695655802%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 105.56kcal (5.28%), Fat: 1.24g (1.91%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 21.87g (7.29%), Net Carbohydrates: 21.81g (7.93%), Sugar: 18.2g (20.22%), Cholesterol: 3mg (1%), Sodium: 63.21mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.96mg (4.99%), Protein: 2.05g (4.1%), Vitamin C: 12.76mg (15.47%), Vitamin B2: 0.12mg (7.2%), Vitamin B1: 0.09mg (5.7%), Phosphorus: 48.97mg (4.9%), Calcium: 43.39mg (4.34%), Potassium: 145.35mg (4.15%), Magnesium: 15.82mg (3.96%), Vitamin B3: 0.77mg (3.85%), Folate: 13.19µg (3.3%), Vitamin B6: 0.06mg (3.06%), Selenium: 2.07µg (2.96%), Copper: 0.04mg (2.17%), Vitamin B12: 0.1µg (1.67%), Manganese: 0.03mg (1.65%), Vitamin A: 77.6IU (1.55%), Vitamin B5: 0.13mg (1.25%), Zinc: 0.15mg (1.01%)