



White Grape Cooler Punch

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



24

CALORIES



83 kcal

BEVERAGE

DRINK

Ingredients

- 24 ounces orange juice concentrate frozen thawed canned
- 23 ounces orange juice concentrate white frozen thawed canned
- 6 cups water cold
- 3 liters lemon-lime soda pop chilled
- 1 slices lemon lime soda

Equipment

- bowl

Directions

- In large container, mix juice concentrates. Stir in water.
- Just before serving, pour into punch bowl.
- Add soda pop and lemon and lime slices.
- Pour over ice in glasses.

Nutrition Facts

 **PROTEIN 6.9%**  **FAT 1.45%**  **CARBS 91.65%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:7.6934783206038%

Nutrients (% of daily need)

Calories: 83.43kcal (4.17%), Fat: 0.14g (0.21%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 19.14g (6.96%), Sugar: 16.49g (18.33%), Cholesterol: 0mg (0%), Sodium: 11.84mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin C: 80.5mg (97.58%), Folate: 42.75µg (10.69%), Vitamin B1: 0.16mg (10.59%), Potassium: 357.94mg (10.23%), Vitamin B2: 0.13mg (7.4%), Vitamin B6: 0.14mg (7.22%), Magnesium: 20.02mg (5.01%), Phosphorus: 46.33mg (4.63%), Vitamin A: 210.41IU (4.21%), Vitamin B5: 0.31mg (3.11%), Vitamin B3: 0.61mg (3.03%), Calcium: 26.61mg (2.66%), Copper: 0.04mg (2.24%), Vitamin E: 0.33mg (2.22%), Fiber: 0.56g (2.22%), Manganese: 0.03mg (1.33%), Iron: 0.21mg (1.16%)