



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Sprite Punch ♦♦

Sprite Punch is a refreshing and fizzy drink made with Sprite soda and various fruit juices. It is perfect for parties and gatherings.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 1000 grams

Number of Servings: 10

Serving Size: 100 g

Ingredients

500 ml sprite

250 ml Orange juice

250 ml Pineapple juice

Directions

Step 1

In a large pitcher, combine Sprite, orange juice, and pineapple juice.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Stir well to mix all the ingredients.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Serving

Serve chilled in glasses with ice cubes.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 13 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	13 g	23.64%	26%
Fibers	0 g	0%	0%
Sugars	13 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	15 mg	0.65%	0.65%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas Barbecue

Course

Drinks Breads Snacks Sauces & Dressings

Cultural

Easter

Cost

Under \$10

Demographics

Pregnancy Safe Lactation Friendly Allergy Friendly Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet Paleo Diet

Meal Type

Snack

Difficulty Level

Easy

Visit our website: healthdor.com