



Healthdor

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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

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