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Large Hi-C Fruit Punch ♦♦

A refreshing fruit punch made with Hi-C Fruit Punch.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 1000 grams

Number of Servings: 10

Serving Size: 100 g

Ingredients

1000 ml hi-c fruit punch

Directions

Step 1

Pour the Hi-C Fruit Punch into a large pitcher.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 105 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 27 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	27 g	49.09%	54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	0 g	0%	0%
Sugars	26 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	0 iu	0%	0%
Vitamin C	100 mg	111.11%	133.33%
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	10 mg	0.43%	0.43%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Barbecue

Course

Drinks Sauces & Dressings

Cultural

Chinese New Year Diwali Christmas Easter Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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