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POWERade Mountain Berry Blast

POWERade Mountain Berry Blast is a refreshing sports drink that provides hydration and electrolytes. It is perfect for athletes and anyone looking for a delicious and energizing beverage. The drink has a sweet and tangy flavor, with hints of mixed berries and a cool, refreshing finish.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 500 grams

Number of Servings: 1

Serving Size: 500 g

Ingredients

500 ml powerade mountain berry blast

Directions

Step 1

Pour POWERade Mountain Berry Blast into a glass.

Prep Time: 0 mins

Cook Time: 0 mins

Step 2

Serve chilled and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 130 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 34 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	34 g	61.82%	68%
Fibers	0 g	0%	0%
Sugars	34 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	160 mg	6.96%	6.96%
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

Events

Christmas

Barbecue

Course

Drinks

Sauces & Dressings

Cultural

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

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

Meal Type

Snack

Supper

Difficulty Level

Easy

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