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## Mountain Dew Kickstart Orange Citrus Recipe

A refreshing and energizing recipe made with Mountain Dew Kickstart Orange Citrus. Perfect for a quick pick-me-up or to start your day with a burst of flavor.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** N/A

**Total Time:** 5 mins

**Recipe Yield:** 473 grams

**Number of Servings:** 1

**Serving Size:** 473 g

### Ingredients

16 oz mountain dew kickstart orange citrus

### Directions

#### Step 1

Pour 16 oz of Mountain Dew Kickstart Orange Citrus into a glass.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 80 kcal

**Fat:** 0 g

**Protein:** 0 g

**Carbohydrates:** 21 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)
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Carbohydrates	21 g	38.18%	42%
Fibers	0 g	0%	0%
Sugars	20 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	170 mg	7.39%	7.39%
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

### Events

Christmas

### Meal Type

Breakfast

Snack

Supper

### Course

Drinks

Salads

Snacks

### Cultural

Chinese New Year

Diwali

Oktoberfest

Easter

### Demographics

Lactation Friendly

Diabetic Friendly

Heart Healthy

### Diet

Mediterranean Diet

Flexitarian Diet

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

Paleo Diet

Atkins Diet

Vegetarian Diet

The Fast Metabolism Diet

The Gerson Therapy

### **Difficulty Level**

Easy

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