



Healthdor

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Mountain Dew Recipe

A refreshing drink made with Mountain Dew soda.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

500 ml mountain dew

Directions

Step 1

Pour Mountain Dew into a glass.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 121 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 31 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	31 g	56.36%	62%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	0 g	0%	0%
Sugars	31 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	0 mg	0%	0%
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	48 mg	2.09%	2.09%
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

Course

Drinks Salads Snacks

Cultural

Chinese New Year St. Patrick's Day Christmas Halloween

Demographics

Allergy Friendly Heart Healthy

Diet

Mediterranean Diet Nordic Diet 5:2 Diet Raw Food Diet
Ovo-Vegetarian Diet Ayurvedic Diet Low Sodium Diet The Gerson Therapy
The Beverly Hills Diet The Rice Diet The F-Plan Diet The Werewolf Diet

Meal Type

Snack Supper

Difficulty Level

Easy

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