



Adult Party Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



3750 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 peaches fresh sliced
- ☐ 23 ounce peach nectar canned
- ☐ 1 cup peach schnapps
- ☐ 2 quarts pineapple juice
- ☐ 750 milliliter vanilla vodka flavored

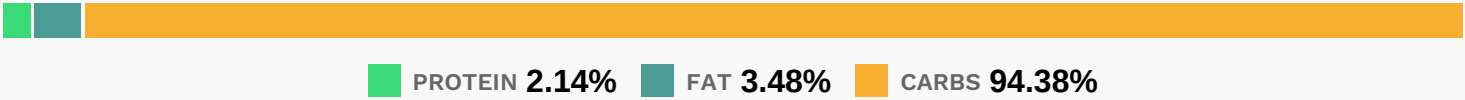
Equipment

- ☐ bowl

Directions

- ☐ Stir together pineapple juice, schnapps, peach nectar, and vodka in a punch bowl.
- ☐ Add peach slices to float on top.

Nutrition Facts



Properties

Glycemic Index:101.25, Glycemic Load:115.5, Inflammation Score:-10, Nutrition Score:44.638695758322%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 3749.64kcal (187.48%), Fat: 6.39g (9.84%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 390.07g (130.02%), Net Carbohydrates: 383.39g (139.41%), Sugar: 335.13g (372.36%), Cholesterol: 0mg (0%), Sodium: 136.69mg (5.94%), Alcohol: 254.11g (100%), Alcohol %: 8.72% (100%), Protein: 8.83g (17.66%), Manganese: 9.75mg (487.73%), Vitamin C: 195.42mg (236.87%), Vitamin B6: 2.17mg (108.57%), Vitamin B1: 1.56mg (104.2%), Folate: 356.21µg (89.05%), Potassium: 2846.74mg (81.34%), Copper: 1.62mg (80.82%), Magnesium: 265.21mg (66.3%), Vitamin A: 2265.9IU (45.32%), Iron: 6.91mg (38.39%), Vitamin B2: 0.6mg (35%), Calcium: 291.17mg (29.12%), Vitamin B3: 5.56mg (27.81%), Fiber: 6.69g (26.75%), Phosphorus: 242.02mg (24.2%), Vitamin E: 3.36mg (22.43%), Vitamin B5: 1.73mg (17.33%), Vitamin K: 18µg (17.15%), Zinc: 2.49mg (16.61%), Selenium: 6.35µg (9.07%)