



Aileen's Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



30

CALORIES



83 kcal

BEVERAGE

DRINK

Ingredients

- 46 fluid ounce all-natural apricot nectar canned
- 2 liters lemon lime soda flavored
- 6 ounce limeade concentrate frozen canned
- 46 fluid ounce pineapple rings canned

Equipment

- bowl

Directions

In a punch bowl combine pineapple juice, apricot nectar and limeade; finally, pour in the lemon-lime soda.

Nutrition Facts



PROTEIN 1.68% **FAT 2.61%** **CARBS 95.71%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:2.6782609211362%

Nutrients (% of daily need)

Calories: 82.81kcal (4.14%), Fat: 0.25g (0.39%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 20.93g (6.98%), Net Carbohydrates: 20.3g (7.38%), Sugar: 19.8g (22%), Cholesterol: 0mg (0%), Sodium: 10.9mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.98mg (3.33%), Protein: 0.37g (0.74%), Vitamin C: 17.9mg (21.7%), Vitamin A: 619.35IU (12.39%), Vitamin B1: 0.07mg (4.9%), Copper: 0.06mg (2.9%), Vitamin B6: 0.05mg (2.55%), Fiber: 0.63g (2.54%), Potassium: 87.83mg (2.51%), Magnesium: 9.85mg (2.46%), Calcium: 13.69mg (1.37%), Vitamin E: 0.19mg (1.3%), Vitamin B3: 0.21mg (1.04%), Iron: 0.19mg (1.03%)