



Aloha Punch

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



123 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup orange carbonated beverage
- 1 cup guava blend juice
- 1 cup strawberry juice
- 1 cup pear nectar
- 2 cups pineapple juice
- 6 servings garnish: paper parasols

Equipment

Directions

- Stir together first 5 ingredients; serve over crushed ice.
- Garnish, if desired.
- Note: In testing we used Orangina for orange carbonated beverage.

Nutrition Facts



■ PROTEIN 1.57% ■ FAT 1.25% ■ CARBS 97.18%

Properties

Glycemic Index:24.96, Glycemic Load:8.82, Inflammation Score:-1, Nutrition Score:3.7686956139362%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 122.84kcal (6.14%), Fat: 0.18g (0.27%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 30.63g (10.21%), Net Carbohydrates: 29.8g (10.84%), Sugar: 26.11g (29.02%), Cholesterol: 0.09mg (0.03%), Sodium: 13.84mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.15mg (1.05%), Protein: 0.5g (0.99%), Vitamin C: 18.53mg (22.46%), Manganese: 0.45mg (22.34%), Potassium: 191.94mg (5.48%), Vitamin B6: 0.09mg (4.61%), Copper: 0.09mg (4.45%), Vitamin B1: 0.06mg (4.02%), Folate: 15.44µg (3.86%), Fiber: 0.83g (3.34%), Magnesium: 12.96mg (3.24%), Iron: 0.48mg (2.66%), Vitamin B2: 0.03mg (1.93%), Calcium: 16.87mg (1.69%), Phosphorus: 15.18mg (1.52%), Vitamin B3: 0.29mg (1.47%)