

Ambrosia Punch

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



468 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup cream of coconut
- ☐ 3 cups ginger ale
- ☐ 2.5 quarts orange juice
- ☐ 2 small cranberry-orange relish halved thinly sliced
- ☐ 2 cups pineapple juice
- ☐ 3 cups whipped cream

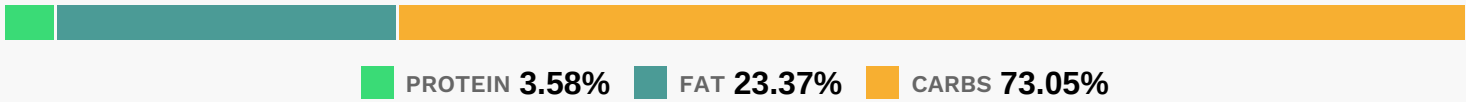
Equipment

- ☐ bowl

Directions

- ☐ Combine first 3 ingredients in a punch bowl.
- ☐ Cut a slit halfway through each orange slice, and perch slices around rim of punch bowl.
- ☐ Add tiny scoops of ice cream to punch bowl; add ginger ale. If desired, sprinkle some coconut over punch; serve remaining coconut in a small dish.

Nutrition Facts



Properties

Glycemic Index:33.06, Glycemic Load:31.88, Inflammation Score:-8, Nutrition Score:14.10956524766%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 41.88mg, Hesperetin: 41.88mg, Hesperetin: 41.88mg, Hesperetin: 41.88mg Naringenin: 10.01mg, Naringenin: 10.01mg, Naringenin: 10.01mg, Naringenin: 10.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 468.4kcal (23.42%), Fat: 12.3g (18.93%), Saturated Fat: 8.99g (56.19%), Carbohydrates: 86.52g (28.84%), Net Carbohydrates: 83.65g (30.42%), Sugar: 76.01g (84.46%), Cholesterol: 21.78mg (7.26%), Sodium: 68.43mg (2.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.48%), Vitamin C: 166.83mg (202.22%), Folate: 109.02µg (27.25%), Potassium: 811mg (23.17%), Vitamin B1: 0.34mg (22.77%), Manganese: 0.36mg (18.01%), Vitamin A: 856.82IU (17.14%), Vitamin B2: 0.23mg (13.5%), Magnesium: 49.83mg (12.46%), Calcium: 115.82mg (11.58%), Fiber: 2.86g (11.46%), Phosphorus: 110.33mg (11.03%), Vitamin B6: 0.22mg (10.77%), Copper: 0.21mg (10.45%), Vitamin B5: 0.94mg (9.43%), Vitamin B3: 1.43mg (7.13%), Iron: 1mg (5.57%), Zinc: 0.62mg (4.1%), Vitamin B12: 0.19µg (3.22%), Vitamin E: 0.32mg (2.15%), Selenium: 1.45µg (2.08%)