



Banana Punch



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



603 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 5 bananas mashed
- ☐ 2 quarts ginger ale
- ☐ 0.8 cup juice of lemon fresh
- ☐ 1.3 cups orange juice fresh
- ☐ 46 ounce pineapple juice canned
- ☐ 3.5 cups sugar
- ☐ 5 cups water

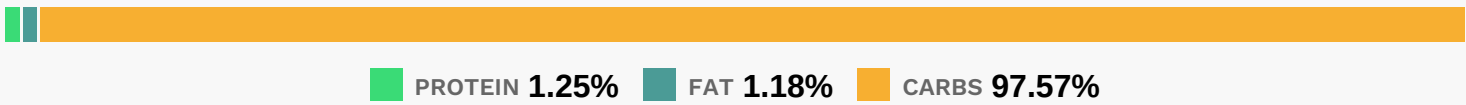
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring 5 cups water and sugar to a boil in a large saucepan; reduce heat, and simmer 3 minutes, stirring constantly.
- ☐ Remove from heat, and cool completely.
- ☐ Stir together sugar mixture, orange juice, and next 3 ingredients; freeze 8 hours.
- ☐ Remove from freezer, and let stand at room temperature 2 hours.
- ☐ Pour into a punch bowl, and add ginger ale.

Nutrition Facts



Properties

Glycemic Index:29.98, Glycemic Load:84.36, Inflammation Score:-5, Nutrition Score:9.8069565088853%

Flavonoids

Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 1.18mg, Eriodictyol: 1.18mg, Eriodictyol: 1.18mg, Eriodictyol: 1.18mg Hesperetin: 7.94mg, Hesperetin: 7.94mg, Hesperetin: 7.94mg, Hesperetin: 7.94mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 603.23kcal (30.16%), Fat: 0.84g (1.28%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 155.66g (51.89%), Net Carbohydrates: 151.48g (55.08%), Sugar: 144.46g (160.51%), Cholesterol: 0mg (0%), Sodium: 27.81mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.97%), Vitamin C: 49.97mg (60.57%), Vitamin B6: 0.42mg (20.95%), Fiber: 4.18g (16.73%), Potassium: 571.33mg (16.32%), Copper: 0.32mg (16.25%), Vitamin B1: 0.23mg (15.3%), Magnesium: 53.84mg (13.46%), Manganese: 0.24mg (12.08%), Folate: 39.1µg (9.78%), Vitamin B2: 0.12mg (7.04%), Iron: 1.21mg (6.74%), Vitamin B3: 1.13mg (5.65%), Calcium: 47.81mg (4.78%), Vitamin A: 207.58IU (4.15%), Phosphorus: 36.05mg (3.61%), Vitamin B5: 0.35mg (3.5%), Selenium: 2.21µg (3.16%), Zinc: 0.45mg (2.98%), Vitamin K: 1.55µg (1.47%), Vitamin E: 0.16mg (1.04%)