



Berry Strawberry Punch

 Vegetarian

READY IN



15 min.

SERVINGS



12

CALORIES



85 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup juice of lemon fresh
- 0.1 ounce drink mix unsweetened strawberry-flavored
- 0.8 cup splenda® no calorie sweetener
- 3 cups pineapple juice
- 2 cups strawberries fresh sliced
- 7 cups water

Equipment

Directions

- Stir together all ingredients. Cover and chill.
- Serve over ice.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:9.68, Inflammation Score:-2, Nutrition Score:3.6360869974546%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 84.6kcal (4.23%), Fat: 0.2g (0.31%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 21.77g (7.26%), Net Carbohydrates: 21.14g (7.69%), Sugar: 17.51g (19.46%), Cholesterol: 0.08mg (0.03%), Sodium: 9.76mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.91%), Vitamin C: 23.96mg (29.04%), Manganese: 0.39mg (19.6%), Folate: 18.57µg (4.64%), Copper: 0.08mg (3.83%), Vitamin B6: 0.08mg (3.82%), Potassium: 126.9mg (3.63%), Magnesium: 12.5mg (3.12%), Vitamin B1: 0.04mg (2.94%), Fiber: 0.63g (2.52%), Calcium: 17.25mg (1.72%), Iron: 0.29mg (1.62%), Vitamin B2: 0.02mg (1.31%), Phosphorus: 12.48mg (1.25%), Vitamin B3: 0.24mg (1.18%)