



Brew-Ha-Ha Punch

READY IN



45 min.

SERVINGS



8

CALORIES



334 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 quart ginger ale
- ☐ 0.3 ounce liquid malt extract
- ☐ 46 ounce pineapple rings canned
- ☐ 2 cups sugar
- ☐ 2 quarts water

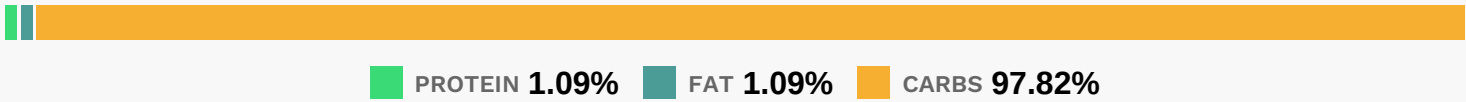
Equipment

- ☐ bowl

Directions

- ☐ Stir together sugar and 2 quarts water until sugar is dissolved. Stir in remaining ingredients. Chill.
- ☐ Note: For a scary presentation, place punch bowl into a larger bowl, and add dry ice to larger bowl.

Nutrition Facts



Properties

Glycemic Index:16.64, Glycemic Load:41.43, Inflammation Score:-2, Nutrition Score:4.1208695913463%

Nutrients (% of daily need)

Calories: 334.47kcal (16.72%), Fat: 0.43g (0.66%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 86.18g (28.73%), Net Carbohydrates: 84.06g (30.57%), Sugar: 84.11g (93.46%), Cholesterol: 0.22mg (0.07%), Sodium: 25.97mg (1.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.93%), Vitamin C: 15.35mg (18.61%), Copper: 0.24mg (11.95%), Vitamin B1: 0.17mg (11.39%), Fiber: 2.12g (8.48%), Magnesium: 28.86mg (7.21%), Vitamin B6: 0.13mg (6.3%), Potassium: 211.3mg (6.04%), Calcium: 39.97mg (4%), Iron: 0.7mg (3.89%), Vitamin B2: 0.05mg (3.07%), Vitamin B3: 0.51mg (2.56%), Folate: 8.57µg (2.14%), Selenium: 1.22µg (1.74%), Zinc: 0.26mg (1.73%), Vitamin A: 83.57IU (1.67%), Phosphorus: 14.71mg (1.47%), Vitamin K: 1.19µg (1.13%)