



Brunch Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



10

CALORIES



172 kcal

BEVERAGE

DRINK

Ingredients

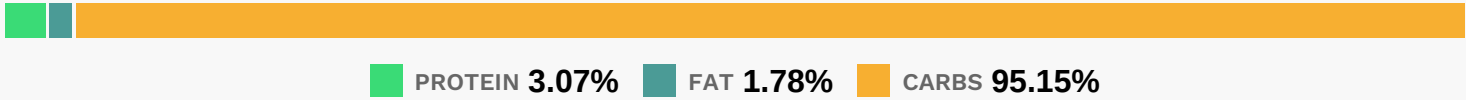
- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 0.3 cup juice of lime
- ☐ 1 leaves garnishes: mint lime fresh
- ☐ 3 cups orange juice
- ☐ 46 ounce pineapple juice canned
- ☐ 0.8 cup powdered sugar

Equipment

Directions

- ☐ Stir together first 5 ingredients. Cover and chill 2 hours. Stir before serving.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:10.8, Glycemic Load:7.37, Inflammation Score:-5, Nutrition Score:7.2695652142815%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 9.43mg, Hesperetin: 9.43mg, Hesperetin: 9.43mg, Hesperetin: 9.43mg Naringenin: 1.62mg, Naringenin: 1.62mg, Naringenin: 1.62mg, Naringenin: 1.62mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 171.53kcal (8.58%), Fat: 0.36g (0.56%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 43.69g (14.56%), Net Carbohydrates: 41.78g (15.19%), Sugar: 39.87g (44.3%), Cholesterol: 0mg (0%), Sodium: 3.36mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin C: 55.98mg (67.86%), Vitamin B1: 0.21mg (13.74%), Potassium: 356.75mg (10.19%), Copper: 0.2mg (10.12%), Magnesium: 31.27mg (7.82%), Vitamin B6: 0.16mg (7.81%), Fiber: 1.92g (7.68%), Folate: 29.96µg (7.49%), Vitamin A: 240.01IU (4.8%), Vitamin E: 0.68mg (4.51%), Iron: 0.65mg (3.62%), Vitamin B3: 0.72mg (3.61%), Vitamin B2: 0.06mg (3.61%), Vitamin K: 3.6µg (3.43%), Calcium: 34.05mg (3.4%), Phosphorus: 29.21mg (2.92%), Vitamin B5: 0.15mg (1.49%), Zinc: 0.22mg (1.49%), Selenium: 0.71µg (1.01%)