

Bunko Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



490 min.

SERVINGS



22

CALORIES



128 kcal

BEVERAGE

DRINK

Ingredients

- 2 liter grapefruit soda chilled flavored
- 6 ounce pink lemonade concentrate frozen thawed canned
- 6 ounce orange juice concentrate frozen thawed canned
- 1 cup freshly tea brewed
- 4 cups vodka
- 7 cups water

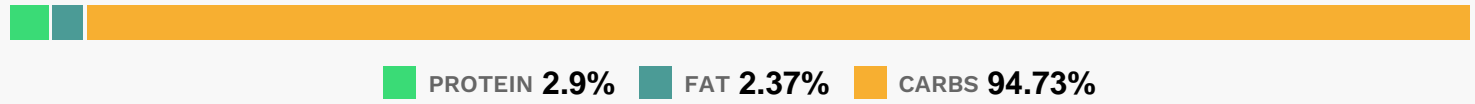
Equipment

- bowl

Directions

☐ Mix together the tea, water, vodka, orange juice concentrate, and pink lemonade concentrate in a large freezer-proof bowl, such as glass or stainless steel, and freeze overnight or several days ahead. With a fork, scrape the frozen mixture into a slush; pour the grapefruit soda into the slushy mixture, and stir. Keep cold in an ice chest.

Nutrition Facts



Properties

Glycemic Index:0.68, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.3743478050051%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg Epigallocatechin 3-gallate: 1mg, Epigallocatechin 3-gallate: 1mg, Epigallocatechin 3-gallate: 1mg, Epigallocatechin 3-gallate: 1mg Theaflavin: 0.17mg, Theaflavin: 0.17mg, Theaflavin: 0.17mg, Theaflavin: 0.17mg Thearubigins: 8.72mg, Thearubigins: 8.72mg, Thearubigins: 8.72mg, Thearubigins: 8.72mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg Theaflavin-3,3'-digallate: 0.19mg, Theaflavin-3,3'-digallate: 0.19mg, Theaflavin-3,3'-digallate: 0.19mg, Theaflavin-3,3'-digallate: 0.19mg Theaflavin-3'-gallate: 0.16mg, Theaflavin-3'-gallate: 0.16mg, Theaflavin-3'-gallate: 0.16mg, Theaflavin-3'-gallate: 0.16mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 127.5kcal (6.38%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 6.51g (2.37%), Sugar: 5.74g (6.37%), Cholesterol: 0mg (0%), Sodium: 24.7mg (1.07%), Alcohol: 14.57g (100%), Alcohol %: 7.83% (100%), Protein: 0.2g (0.41%), Vitamin C: 12.22mg (14.82%), Folate: 7.03µg (1.76%), Potassium: 60.42mg (1.73%), Vitamin B1: 0.03mg (1.67%), Manganese: 0.03mg (1.46%), Copper: 0.03mg (1.43%), Magnesium: 5.23mg (1.31%), Vitamin B6: 0.02mg (1.08%), Vitamin B2: 0.02mg (1.06%), Calcium: 10.28mg (1.03%)