



Colada Cooler Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



24

CALORIES



34 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 24 oz grape juice white frozen thawed canned
- ☐ 1 liter lemon lime soda
- ☐ 1 slices lemon lime soda
- ☐ 6 cups water cold
- ☐ 24 oz frangelico frozen thawed canned
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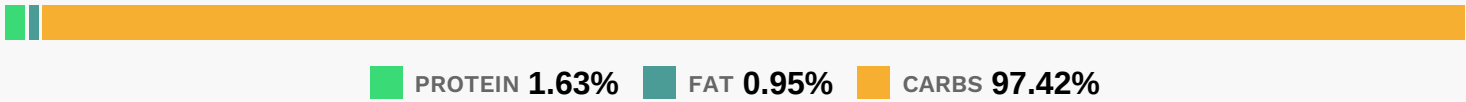
Equipment

- ☐ bowl

Directions

- ☐ In large glass or plastic container, mix piña colada and juice concentrates. Stir in water.
- ☐ Just before serving, pour into punch bowl.
- ☐ Add soda pop and lemon and lime slices.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.40608696129335%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Petunidin: 0.29mg, Petunidin: 0.29mg, Petunidin: 0.29mg, Petunidin: 0.29mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Malvidin: 3.17mg, Malvidin: 3.17mg, Malvidin: 3.17mg, Malvidin: 3.17mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 34.07kcal (1.7%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 8.52g (2.84%), Net Carbohydrates: 8.47g (3.08%), Sugar: 8.27g (9.18%), Cholesterol: 0mg (0%), Sodium: 8.54mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.24mg (2.08%), Protein: 0.14g (0.28%), Manganese: 0.07mg (3.39%)