



Cold Duck Punch

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



30

CALORIES



109 kcal

BEVERAGE

DRINK

Ingredients

- 750 milliliter duck cold
- 64 fluid ounce fruit punch
- 32 fluid ounce lemon-lime carbonated beverage flavored

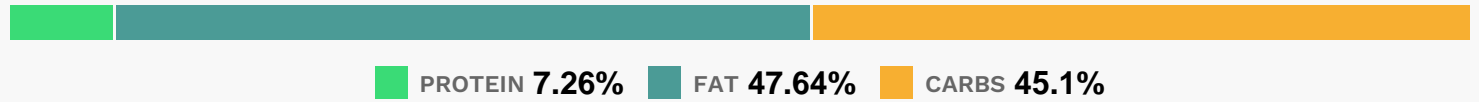
Equipment

- bowl

Directions

In a punch bowl, mix together cold duck, lemon-lime soda and fruit punch.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.156521734984%

Nutrients (% of daily need)

Calories: 108.66kcal (5.43%), Fat: 5.88g (9.05%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 11.52g (4.19%), Sugar: 10.31g (11.46%), Cholesterol: 11.24mg (3.75%), Sodium: 15.63mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.73mg (1.58%), Protein: 2.02g (4.04%), Vitamin A: 215.36IU (4.31%), Vitamin B3: 0.83mg (4.17%), Copper: 0.08mg (4.11%), Fiber: 1.01g (4.04%), Vitamin K: 3.72µg (3.54%), Iron: 0.56mg (3.09%), Phosphorus: 28.13mg (2.81%), Vitamin B2: 0.05mg (2.72%), Selenium: 1.83µg (2.62%), Potassium: 87.38mg (2.5%), Vitamin B1: 0.04mg (2.45%), Vitamin C: 1.8mg (2.18%), Vitamin B6: 0.04mg (1.91%), Zinc: 0.26mg (1.74%), Vitamin B5: 0.17mg (1.67%), Magnesium: 5.69mg (1.42%)