



COUNTRY TIME Pineapple Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



12

CALORIES



131 kcal

BEVERAGE

DRINK

Ingredients

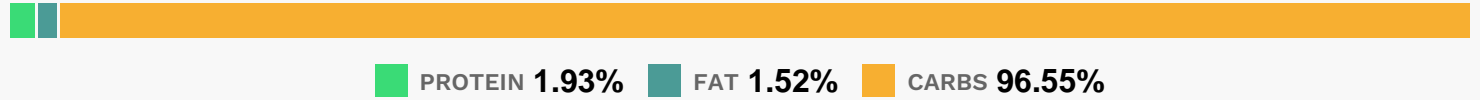
- 6 slices optional: lemon
- 24 oz carbonated lemon-lime beverage chilled canned
- 0.5 cup country time lemonade flavor drink mix
- 6 maraschino cherries
- 48 oz pineapple juice chilled canned
- 2 cups water cold

Equipment

Directions

- Add juice, carbonated beverage and water to drink mix in 3-qt. plastic or glass pitcher; stir until mix is completely dissolved.
- Serve immediately or refrigerate until ready to serve.
- Top with lemon slices and cherries just before serving.

Nutrition Facts



Properties

Glycemic Index:2.13, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:3.2526086743759%

Flavonoids

Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 130.76kcal (6.54%), Fat: 0.24g (0.36%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 33.76g (11.25%), Net Carbohydrates: 32.07g (11.66%), Sugar: 31.61g (35.12%), Cholesterol: 0mg (0%), Sodium: 13.58mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.5mg (2.83%), Protein: 0.67g (1.35%), Vitamin C: 16.14mg (19.56%), Magnesium: 40.79mg (10.2%), Vitamin B1: 0.12mg (7.9%), Copper: 0.14mg (6.83%), Fiber: 1.69g (6.75%), Potassium: 159.89mg (4.57%), Vitamin B6: 0.09mg (4.52%), Calcium: 24.54mg (2.45%), Iron: 0.38mg (2.1%), Vitamin B3: 0.35mg (1.73%), Folate: 6.6µg (1.65%), Vitamin B2: 0.02mg (1.44%), Vitamin A: 59.41IU (1.19%)