



Cranberry-Pineapple Punch



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



13

CALORIES



195 kcal

BEVERAGE

DRINK

Ingredients

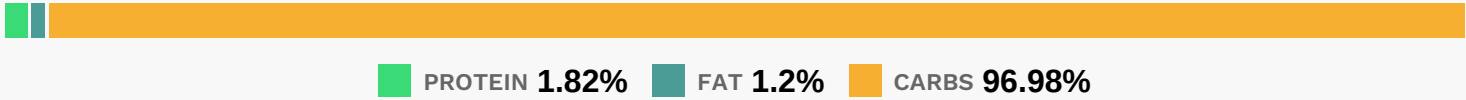
- ☐ 2 teaspoons almond extract
- ☐ 48 ounce cranberry juice drink
- ☐ 2 liter ginger ale chilled
- ☐ 48 ounce pineapple juice canned
- ☐ 0.5 cup sugar

Equipment

Directions

- ☐ Stir together first 4 ingredients until sugar dissolves. Cover and chill 8 hours.
- ☐ Stir in ginger ale just before serving.

Nutrition Facts



Properties

Glycemic Index:14.55, Glycemic Load:20.93, Inflammation Score:-2, Nutrition Score:4.4347826138787%

Nutrients (% of daily need)

Calories: 194.52kcal (9.73%), Fat: 0.28g (0.42%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 50.24g (16.75%), Net Carbohydrates: 48.78g (17.74%), Sugar: 49.01g (54.45%), Cholesterol: 0mg (0%), Sodium: 14.02mg (0.61%), Alcohol: 0.21g (100%), Alcohol %: 0.07% (100%), Protein: 0.94g (1.88%), Vitamin C: 19.57mg (23.73%), Copper: 0.2mg (9.91%), Vitamin E: 1.28mg (8.51%), Vitamin B1: 0.12mg (7.75%), Vitamin B6: 0.13mg (6.65%), Potassium: 213mg (6.09%), Magnesium: 23.59mg (5.9%), Fiber: 1.47g (5.86%), Vitamin K: 6.07µg (5.78%), Iron: 0.84mg (4.64%), Calcium: 29.87mg (2.99%), Vitamin B2: 0.04mg (2.52%), Phosphorus: 20.97mg (2.1%), Vitamin A: 99.44IU (1.99%), Vitamin B3: 0.4mg (1.98%), Zinc: 0.29mg (1.92%), Folate: 6.28µg (1.57%), Manganese: 0.02mg (1.08%), Selenium: 0.72µg (1.03%)