



Delightful Punch

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



12

CALORIES



90 kcal

BEVERAGE

DRINK

Ingredients

- 1 liter ginger ale soda
- 1 cup grapefruit juice
- 1 cup orange juice
- 0.5 cup pineapple juice
- 0.5 cup simple syrup glaze
- 1 cup strong tea black brewed

Equipment

- bowl

Directions

In a large punch bowl, combine tea, grapefruit juice, orange juice, pineapple juice and simple syrup. Stir in the ginger ale and serve.

Nutrition Facts

PROTEIN 1.26% **FAT 0.69%** **CARBS 98.05%**

Properties

Glycemic Index:17.42, Glycemic Load:7.3, Inflammation Score:-3, Nutrition Score:2.1556521367444%

Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg Epigallocatechin 3-gallate: 1.84mg, Epigallocatechin 3-gallate: 1.84mg, Epigallocatechin 3-gallate: 1.84mg, Epigallocatechin 3-gallate: 1.84mg Theaflavin: 0.31mg, Theaflavin: 0.31mg, Theaflavin: 0.31mg, Theaflavin: 0.31mg Thearubigins: 15.99mg, Thearubigins: 15.99mg, Thearubigins: 15.99mg, Thearubigins: 15.99mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg Theaflavin-3,3'-digallate: 0.34mg, Theaflavin-3,3'-digallate: 0.34mg, Theaflavin-3,3'-digallate: 0.34mg, Theaflavin-3,3'-digallate: 0.34mg Theaflavin-3'-gallate: 0.3mg, Theaflavin-3'-gallate: 0.3mg, Theaflavin-3'-gallate: 0.3mg, Theaflavin-3'-gallate: 0.3mg Gallocatechin: 0.25mg, Gallocatechin: 0.25mg, Gallocatechin: 0.25mg, Gallocatechin: 0.25mg

Nutrients (% of daily need)

Calories: 89.79kcal (4.49%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 23.21g (7.74%), Net Carbohydrates: 23.13g (8.41%), Sugar: 22.56g (25.06%), Cholesterol: 0mg (0%), Sodium: 15.35mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.93mg (1.31%), Protein: 0.3g (0.6%), Vitamin C: 16.61mg (20.13%), Manganese: 0.11mg (5.32%), Iron: 0.81mg (4.5%), Potassium: 102.93mg (2.94%), Vitamin B1: 0.04mg (2.84%), Folate: 9.35µg (2.34%), Magnesium: 8.25mg (2.06%), Copper: 0.04mg (1.78%), Vitamin B2: 0.02mg (1.14%)