



Derby Punch

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



59 kcal

BEVERAGE

DRINK

Ingredients

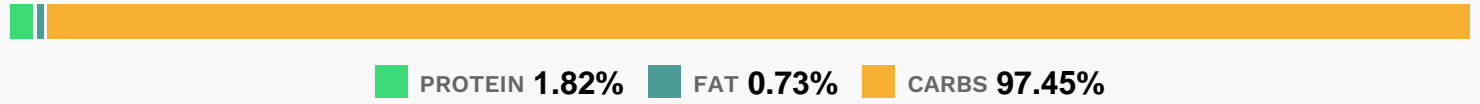
- 0.5 cup bourbon
- 6 sprigs mint leaves fresh
- 3 cups diet ginger ale
- 1 cup ice cubes
- 1 navel oranges cut into thin slices
- 2.5 cups water

Equipment

Directions

- Add water to drink mix in 2-qt. glass or plastic pitcher; stir until mix is dissolved.
- Stir in all remaining ingredients except ice.
- Serve over ice in tall glasses.

Nutrition Facts



Properties

Glycemic Index:7.8, Glycemic Load:3.91, Inflammation Score:-1, Nutrition Score:1.0765217526451%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 3.12mg, Hesperetin: 3.12mg, Hesperetin: 3.12mg, Hesperetin: 3.12mg Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 59.07kcal (2.95%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 7.69g (2.8%), Sugar: 7.49g (8.32%), Cholesterol: 0mg (0%), Sodium: 9.54mg (0.41%), Alcohol: 4.01g (100%), Alcohol %: 2.82% (100%), Protein: 0.15g (0.3%), Vitamin C: 8.46mg (10.26%), Copper: 0.04mg (1.8%), Fiber: 0.36g (1.42%), Folate: 5.44µg (1.36%), Calcium: 12.09mg (1.21%), Vitamin A: 60.07IU (1.2%), Manganese: 0.02mg (1.12%), Iron: 0.18mg (1.01%)