



Easy Christmas Punch

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

READY IN



5 min.

SERVINGS



12

CALORIES



165 kcal

BEVERAGE

DRINK

Ingredients

- 1 liter ginger ale
- 0.5 liter lemon-lime soda sprite® (such as)
- 12 ounce pink lemonade kool-aid canned
- 4 cups orange juice
- 46 fluid ounce pineapple juice canned
- 2 cups water

Equipment

- bowl

Directions

Mix pineapple juice, orange juice, lemonade, and water in a large punch bowl. Stir in ginger ale and lemon-lime soda.

Nutrition Facts



PROTEIN 2.76% **FAT 1.51%** **CARBS 95.73%**

Properties

Glycemic Index:14.96, Glycemic Load:11.29, Inflammation Score:-5, Nutrition Score:6.3513043419175%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 164.89kcal (8.24%), Fat: 0.29g (0.45%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 41.44g (13.81%), Net Carbohydrates: 39.8g (14.47%), Sugar: 38.1g (42.33%), Cholesterol: 0mg (0%), Sodium: 15.7mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.23mg (2.08%), Protein: 1.19g (2.39%), Vitamin C: 51.99mg (63.02%), Vitamin B1: 0.19mg (12.67%), Copper: 0.18mg (8.95%), Potassium: 307.14mg (8.78%), Folate: 30.47µg (7.62%), Magnesium: 27.74mg (6.93%), Fiber: 1.64g (6.56%), Vitamin B6: 0.12mg (5.9%), Vitamin A: 222.01IU (4.44%), Iron: 0.64mg (3.56%), Vitamin B3: 0.66mg (3.29%), Calcium: 31.74mg (3.17%), Vitamin B2: 0.05mg (2.86%), Phosphorus: 21.99mg (2.2%), Vitamin B5: 0.16mg (1.57%), Zinc: 0.2mg (1.36%), Manganese: 0.02mg (1.12%)