



Easy Party Punch

READY IN



10 min.

SERVINGS



50

CALORIES



88 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 liters ginger ale
- ☐ 0.5 ounce drink mix powder unsweetened strawberry-flavored
- ☐ 3 cups splenda® no calorie sweetener
- ☐ 92 fluid ounce pineapple juice canned
- ☐ 4 quarts water

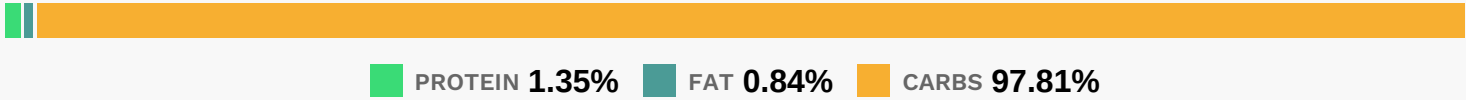
Equipment

- ☐ bowl

Directions

In a large punch bowl combine drink mix, pineapple juice, SPLENDA® Granulated Sweetener, and water. Stir until dissolved. Stir in the ginger ale.

Nutrition Facts



Properties

Glycemic Index:2.26, Glycemic Load:7.67, Inflammation Score:-1, Nutrition Score:1.3521739080872%

Nutrients (% of daily need)

Calories: 87.79kcal (4.39%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 23.12g (7.71%), Net Carbohydrates: 22.41g (8.15%), Sugar: 21.09g (23.43%), Cholesterol: 0.07mg (0.02%), Sodium: 8.32mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Vitamin C: 5.12mg (6.21%), Copper: 0.08mg (3.91%), Vitamin B1: 0.06mg (3.8%), Fiber: 0.71g (2.83%), Magnesium: 9.59mg (2.4%), Vitamin B6: 0.04mg (2.1%), Potassium: 70.58mg (2.02%), Calcium: 13.05mg (1.31%), Iron: 0.23mg (1.26%)