



Easy Punch

 Popular

READY IN



10 min.

SERVINGS



50

CALORIES



94 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 liters ginger ale
- ☐ 0.5 ounce drink mix powder unsweetened strawberry-flavored
- ☐ 92 fluid ounce pineapple juice canned
- ☐ 4 quarts water
- ☐ 3 cups sugar white

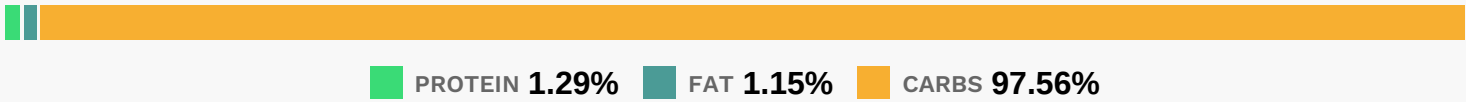
Equipment

- ☐ bowl

Directions

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

Nutrition Facts



Properties

Glycemic Index:2.66, Glycemic Load:10.58, Inflammation Score:-1, Nutrition Score:1.3669565221214%

Nutrients (% of daily need)

Calories: 93.67kcal (4.68%), Fat: 0.13g (0.19%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 23.42g (8.51%), Sugar: 23.43g (26.03%), Cholesterol: 0.07mg (0.02%), Sodium: 8.44mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Vitamin C: 5.12mg (6.21%), Copper: 0.08mg (3.95%), Vitamin B1: 0.06mg (3.8%), Fiber: 0.71g (2.83%), Magnesium: 9.59mg (2.4%), Vitamin B6: 0.04mg (2.1%), Potassium: 70.34mg (2.01%), Calcium: 13.17mg (1.32%), Iron: 0.23mg (1.29%)