



Emerald Sea Punch



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



129 kcal

BEVERAGE

DRINK

Ingredients

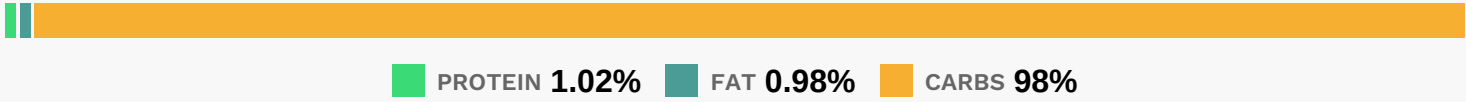
- ☐ 1 quart ginger ale chilled
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.7 ounce raspberry lemonade mix unsweetened blue
- ☐ 6 ounce orange juice concentrate frozen thawed canned
- ☐ 3 cups pineapple juice chilled
- ☐ 2 cups sugar
- ☐ 6 cups water chilled

Equipment

Directions

- ☐ Combine first 6 ingredients. Stir in ginger ale just before serving.
- ☐ Note: For testing purposes only, we used Kool-Aid Island Twists Ice Blue Raspberry Lemonade Unsweetened Soft Drink
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:8.95, Glycemic Load:18.64, Inflammation Score:-1, Nutrition Score:2.504782649486%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 128.64kcal (6.43%), Fat: 0.14g (0.22%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 32.73g (10.91%), Net Carbohydrates: 32.57g (11.84%), Sugar: 31.19g (34.66%), Cholesterol: 0mg (0%), Sodium: 8.87mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin C: 17.43mg (21.12%), Manganese: 0.19mg (9.5%), Folate: 13.59µg (3.4%), Potassium: 104.91mg (3%), Vitamin B1: 0.04mg (2.99%), Vitamin B6: 0.06mg (2.96%), Magnesium: 10.9mg (2.73%), Copper: 0.05mg (2.58%), Vitamin B2: 0.03mg (1.56%), Iron: 0.24mg (1.32%), Calcium: 11.95mg (1.2%)