

Festive Fruit Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



86 kcal

BEVERAGE

DRINK

Ingredients

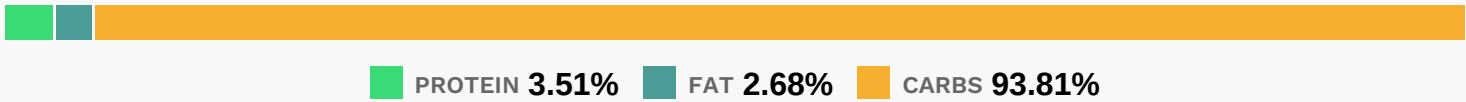
- ☐ 1 carambola sliced (star fruit)
- ☐ 2 cups cranberry juice cocktail light chilled
- ☐ 3 cups ice cubes
- ☐ 1 lime sliced
- ☐ 1 cranberry-orange relish sliced
- ☐ 2 cups orange juice chilled
- ☐ 2 cups pineapple juice chilled
- ☐ 4 cups tonic water

Equipment

Directions

- ☐ Combine all ingredients in a pitcher.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.85, Glycemic Load:10.3, Inflammation Score:-4, Nutrition Score:6.3065218459005%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 12.38mg, Hesperetin: 12.38mg, Hesperetin: 12.38mg, Hesperetin: 12.38mg Naringenin: 3.3mg, Naringenin: 3.3mg, Naringenin: 3.3mg, Naringenin: 3.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 85.65kcal (4.28%), Fat: 0.27g (0.41%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 20.93g (6.98%), Net Carbohydrates: 19.98g (7.26%), Sugar: 16.6g (18.44%), Cholesterol: 0mg (0%), Sodium: 11.05mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Vitamin C: 62.97mg (76.33%), Manganese: 0.28mg (13.81%), Folate: 28.93µg (7.23%), Potassium: 210.29mg (6.01%), Vitamin B1: 0.09mg (5.78%), Copper: 0.11mg (5.43%), Magnesium: 15.9mg (3.98%), Vitamin B6: 0.08mg (3.97%), Fiber: 0.95g (3.8%), Vitamin A: 143.98IU (2.88%), Calcium: 25.8mg (2.58%), Vitamin B5: 0.23mg (2.3%), Iron: 0.36mg (1.98%), Vitamin B3: 0.4mg (1.98%), Vitamin B2: 0.03mg (1.93%), Phosphorus: 16.85mg (1.68%), Vitamin E: 0.19mg (1.28%)