



Fruit Punch

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



60

CALORIES



61 kcal

BEVERAGE

DRINK

Ingredients

- 64 fluid ounce fruit punch chilled
- 2 liter ginger ale chilled
- 0.5 gallon orange sherbet
- 64 fluid ounce pineapple juice unsweetened chilled

Equipment

- bowl

Directions

- In a punch bowl, mix together fruit punch, pineapple juice and ginger ale.
- Add scoops of sherbet into the punch. Wait for the sherbet to begin melting, approximately 10 minutes, stir gently, and serve.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:4.93, Inflammation Score:-3, Nutrition Score:3.1869565157787%

Flavonoids

Hesperetin: 8.6mg, Hesperetin: 8.6mg, Hesperetin: 8.6mg, Hesperetin: 8.6mg Naringenin: 4.83mg, Naringenin: 4.83mg, Naringenin: 4.83mg, Naringenin: 4.83mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 60.83kcal (3.04%), Fat: 0.11g (0.16%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 13.99g (5.09%), Sugar: 12.6g (14.01%), Cholesterol: 0mg (0%), Sodium: 4.54mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.11%), Vitamin C: 20.63mg (25.01%), Manganese: 0.18mg (8.98%), Fiber: 1.32g (5.3%), Folate: 15.77µg (3.94%), Potassium: 126.5mg (3.61%), Vitamin A: 167.81IU (3.36%), Vitamin B1: 0.05mg (3.3%), Copper: 0.07mg (3.28%), Vitamin B6: 0.06mg (2.78%), Magnesium: 8.85mg (2.21%), Calcium: 19.29mg (1.93%), Iron: 0.29mg (1.59%), Vitamin B2: 0.03mg (1.58%), Vitamin K: 1.55µg (1.47%), Vitamin B3: 0.28mg (1.38%), Vitamin B5: 0.11mg (1.09%), Phosphorus: 10.72mg (1.07%)