



## Fruit Punch

 **Vegetarian**  **Vegan**  **Gluten Free**  **Dairy Free**

READY IN



260 min.

SERVINGS



20

CALORIES



250 kcal

BEVERAGE

DRINK

## Ingredients

- 1 liter lemon-lime soda (recommended: Sprite)
- 12 ounce lemonade concentrate frozen thawed canned
- 12 ounce orange juice concentrate frozen thawed canned
- 48 ounce pineapple juice canned
- 2 pints strawberries hulled
- 3 cups sugar
- 3 cups water

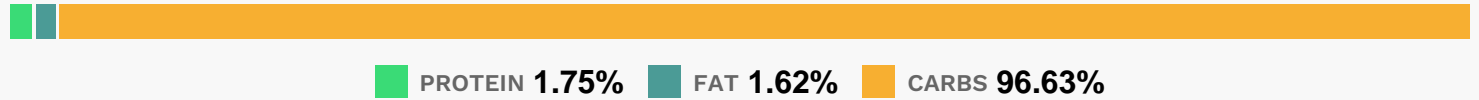
## Equipment

- bowl
- sauce pan

## Directions

- Combine the orange juice, lemonade, and pineapple juice and stir well.
- Bring 3 cups water and the sugar to a boil in a heavy saucepan and boil until sugar is dissolved, about 5 minutes.
- Let cool.
- Add the syrup to the fruit juices.
- Place the whole strawberries into a ring mold.
- Pour in enough fruit juice to fill the mold. Freeze. Refrigerate the remaining juice.
- When ready to serve, pour the fruit juice into a punch bowl and add the soda. Float the strawberry ice ring in the punch.

## Nutrition Facts



## Properties

Glycemic Index:5.5, Glycemic Load:22.02, Inflammation Score:-4, Nutrition Score:6.8713043409845%

## Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.76mg, Pelargonidin: 11.76mg, Pelargonidin: 11.76mg, Pelargonidin: 11.76mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

## Nutrients (% of daily need)

Calories: 250.43kcal (12.52%), Fat: 0.47g (0.73%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 63.77g (21.26%), Net Carbohydrates: 61.72g (22.44%), Sugar: 59.66g (66.29%), Cholesterol: 0mg (0%), Sodium: 10.6mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.48mg (2.49%), Protein: 1.15g (2.31%), Vitamin C: 61.11mg (74.07%), Manganese: 0.19mg (9.71%), Vitamin B1: 0.13mg (8.73%), Fiber: 2.05g (8.21%), Potassium: 277.1mg (7.92%), Folate: 29.05µg (7.26%), Magnesium: 24.35mg (6.09%), Vitamin B6: 0.12mg (6.04%), Copper: 0.12mg (5.78%), Vitamin B2: 0.06mg (3.54%), Vitamin B3: 0.59mg (2.94%), Calcium: 28.47mg (2.85%), Phosphorus: 27.69mg (2.77%), Iron: 0.48mg (2.67%), Vitamin A: 104.16IU (2.08%), Vitamin E: 0.27mg (1.79%), Vitamin B5: 0.17mg (1.74%), Vitamin K: 1.62µg (1.54%), Zinc: 0.18mg (1.2%), Selenium: 0.78µg (1.11%)