



Fruit Punch



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



318 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup mint leaves fresh loosely packed
- ☐ 1 liter ginger ale
- ☐ 1.5 cups juice of lemon
- ☐ 0.5 cup juice of lime
- ☐ 3 cups orange juice chilled
- ☐ 92 ounce pineapple juice chilled canned
- ☐ 1 pint strawberries fresh quartered
- ☐ 2.5 cups sugar

- ☐ 2 cups water
- ☐ 2 cups water hot

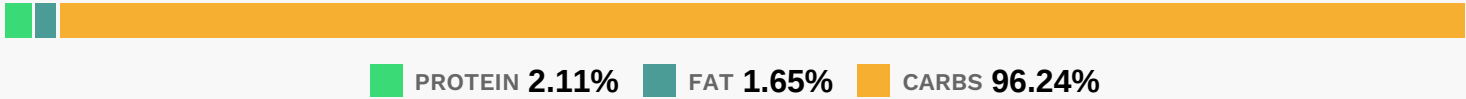
Equipment

- ☐ bowl
- ☐ sieve

Directions

- ☐ Stir together mint and 2 cups hot water; let stand 25 to 30 minutes.
- ☐ Pour through a wire-mesh strainer into a 2-quart container, discarding mint.
- ☐ Stir in sugar and next 3 ingredients. Chill 8 hours.
- ☐ Pour mixture into a large punch bowl. Stir in strawberries and remaining ingredients just before serving.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:16.08, Glycemic Load:32.45, Inflammation Score:-6, Nutrition Score:10.23260856193%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 8.4mg, Pelargonidin: 8.4mg, Pelargonidin: 8.4mg, Pelargonidin: 8.4mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 2.55mg, Eriodictyol: 2.55mg, Eriodictyol: 2.55mg, Eriodictyol: 2.55mg Hesperetin: 11.24mg, Hesperetin: 11.24mg, Hesperetin: 11.24mg, Hesperetin: 11.24mg Naringenin: 1.62mg, Naringenin: 1.62mg, Naringenin: 1.62mg, Naringenin: 1.62mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.17mg,

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Nutrients (% of daily need)

Calories: 318.4kcal (15.92%), Fat: 0.63g (0.96%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 81.93g (27.31%), Net Carbohydrates: 78.36g (28.49%), Sugar: 75.47g (83.86%), Cholesterol: 0mg (0%), Sodium: 12.89mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.59%), Vitamin C: 77.69mg (94.17%), Vitamin B1: 0.26mg (17.14%), Fiber: 3.57g (14.3%), Copper: 0.28mg (14.11%), Potassium: 445.76mg (12.74%), Magnesium: 44.4mg (11.1%), Folate: 43.13µg (10.78%), Vitamin B6: 0.2mg (9.82%), Manganese: 0.19mg (9.55%), Vitamin A: 345.92IU (6.92%), Iron: 1.1mg (6.14%), Calcium: 56.17mg (5.62%), Vitamin B2: 0.08mg (4.89%), Vitamin B3: 0.96mg (4.82%), Phosphorus: 35.83mg (3.58%), Zinc: 0.36mg (2.41%), Vitamin K: 2.15µg (2.05%), Vitamin B5: 0.2mg (1.99%), Selenium: 1.25µg (1.79%), Vitamin E: 0.21mg (1.43%)