

# Fruity Party Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



40

CALORIES



45 kcal

BEVERAGE

DRINK

## Ingredients

- 1.3 cups 1/4 cup dried cranberry (juice sweetened if possible)
- 1 ice cubes
- 12 fluid ounce lemonade concentrate frozen canned
- 12 fluid ounce orange juice concentrate frozen canned
- 3.5 cups pineapple juice

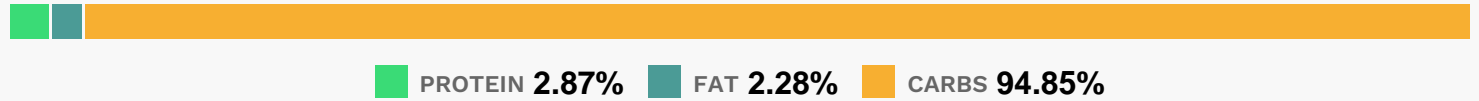
## Equipment

- mixing bowl

## Directions

- Prepare the lemonade and orange as directed on cans.
- Combine orange juice, lemonade, pineapple juice, and cranberry juice in a large mixing bowl or pitcher. Chill well. Immediately before serving add ice cubes.

## Nutrition Facts



## Properties

Glycemic Index:2.55, Glycemic Load:1.77, Inflammation Score:-1, Nutrition Score:2.0900000145902%

## Nutrients (% of daily need)

Calories: 45.34kcal (2.27%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 11.07g (4.03%), Sugar: 9.66g (10.74%), Cholesterol: 0mg (0%), Sodium: 1.84mg (0.08%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin C: 16.87mg (20.45%), Manganese: 0.11mg (5.47%), Folate: 11.25µg (2.81%), Potassium: 95.52mg (2.73%), Vitamin B1: 0.04mg (2.59%), Vitamin B6: 0.05mg (2.49%), Magnesium: 6.71mg (1.68%), Copper: 0.03mg (1.27%), Vitamin B2: 0.02mg (1.26%), Vitamin E: 0.17mg (1.11%)