



Ginger Pineapple Punch (Lebouroudjee)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



101 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 lbs pineapple rings jarred canned ripe
- ☐ 4 ounces ginger fresh scrubbed cut into 1-in. chunks
- ☐ 0.5 cup juice of lemon
- ☐ 0.8 cup sugar

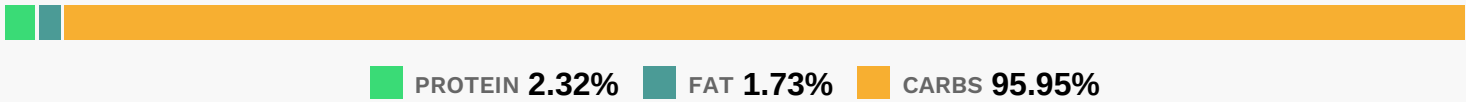
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Cut off crown and peel from pineapple, then quarter pineapple lengthwise and core.
- ☐ Cut fruit into 1-in. chunks and whirl in a blender, a portion at a time, with 2 cups water until pured.
- ☐ Pour pure through a fine strainer into a large bowl, squeezing pulp to remove all juice; discard pulp. (If using jarred juice, mix with 2 cups water in a bowl.)
- ☐ Whirl ginger in blender with 2 more cups water until pured.
- ☐ Pour through strainer into pineapple juice, squeezing liquid from pulp; discard pulp. Stir in lemon juice, then add sugar to taste.
- ☐ Pour into a pitcher, cover, and chill until cold, at least 2 hours. Stir, then pour over ice.
- ☐ Make ahead: Up to 3 days, chilled.

Nutrition Facts



Properties

Glycemic Index:5.67, Glycemic Load:7.16, Inflammation Score:-2, Nutrition Score:2.5582608774952%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 100.77kcal (5.04%), Fat: 0.21g (0.32%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 25.98g (8.66%), Net Carbohydrates: 24.63g (8.95%), Sugar: 23.25g (25.83%), Cholesterol: 0mg (0%), Sodium: 2.07mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin C: 12.05mg (14.61%), Vitamin B1: 0.1mg (6.42%), Copper: 0.12mg (5.81%), Fiber: 1.35g (5.42%), Potassium: 152.44mg (4.36%), Magnesium: 17.35mg (4.34%), Vitamin B6: 0.08mg (4.19%), Folate: 6.99µg (1.75%), Iron: 0.31mg (1.73%), Calcium: 16.31mg (1.63%), Vitamin B3: 0.32mg (1.61%), Vitamin B2: 0.02mg (1.46%)