

Gingerade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



158 kcal

SIDE DISH

Ingredients

- 1 cup granulated sugar
- 2 cups ice cubes
- 1.5 cups pink lemonade kool-aid prepared

Equipment

- bowl

Directions

In a large punch bowl, combine the ginger ale, sugar, lemonade and ice. Stir to blend well and serve

Nutrition Facts

PROTEIN 0% **FAT 0.59%** **CARBS 99.41%**

Properties

Glycemic Index:22.43, Glycemic Load:28.1, Inflammation Score:1, Nutrition Score:0.092608696254699%

Nutrients (% of daily need)

Calories: 158.26kcal (7.91%), Fat: 0.11g (0.16%), Saturated Fat: 0g (0%), Carbohydrates: 40.68g (13.56%), Net Carbohydrates: 40.68g (14.79%), Sugar: 40.25g (44.72%), Cholesterol: 0mg (0%), Sodium: 8.02mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%)