



Golden Wedding Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



40

CALORIES



72 kcal

BEVERAGE

DRINK

Ingredients

- 1.8 cups juice of lemon
- 12 fluid ounce orange juice concentrate frozen canned
- 46 fluid ounce pineapple juice sweetened canned
- 1 gallon water
- 2 cups sugar white


Equipment

- bowl

Directions

In a 2 gallon punch bowl, combine orange juice concentrate, pineapple juice, lemon juice and sugar. Stir in water.

Nutrition Facts

 **PROTEIN 1.98%**  **FAT 1.44%**  **CARBS 96.58%**

Properties

Glycemic Index:2.9, Glycemic Load:8.96, Inflammation Score:-2, Nutrition Score:2.6134782154923%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 1.54mg, Hesperetin: 1.54mg, Hesperetin: 1.54mg, Hesperetin: 1.54mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 72kcal (3.6%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 18.2g (6.07%), Net Carbohydrates: 18.01g (6.55%), Sugar: 16.28g (18.09%), Cholesterol: 0mg (0%), Sodium: 6.24mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.75%), Vitamin C: 20.39mg (24.72%), Manganese: 0.18mg (8.87%), Folate: 15.09µg (3.77%), Potassium: 111.2mg (3.18%), Vitamin B1: 0.05mg (3.11%), Vitamin B6: 0.06mg (3.1%), Copper: 0.05mg (2.31%), Magnesium: 8.77mg (2.19%), Vitamin B2: 0.03mg (1.54%), Calcium: 11.37mg (1.14%)