



Grandmother's Punch

READY IN

ready

10 min.

SERVINGS

servings

20

CALORIES

calories

203 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 liter ginger ale
- ☐ 0.3 ounce drink mix powder unsweetened strawberry-flavored
- ☐ 0.5 gallon orange sherbet
- ☐ 12 ounce orange juice concentrate frozen canned
- ☐ 3 oranges sliced into rounds
- ☐ 12 ounce pineapple juice concentrate frozen canned
- ☐ 4 quarts water cold
- ☐ 2.5 cups sugar white

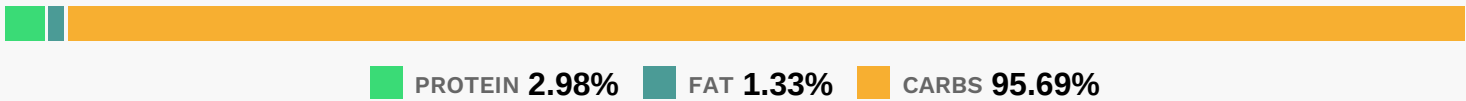
Equipment

bowl

Directions

In a large punch bowl combine the drink mix, sugar and water. Stir until sugar is dissolved. Stir in the orange juice and pineapple juice concentrates. Just before serving stir in the ginger ale and slide in the sherbet.

Nutrition Facts



Properties

Glycemic Index:13.2, Glycemic Load:25.76, Inflammation Score:-6, Nutrition Score:8.8334782300112%

Flavonoids

Hesperetin: 31.14mg, Hesperetin: 31.14mg, Hesperetin: 31.14mg, Hesperetin: 31.14mg Naringenin: 17.51mg, Naringenin: 17.51mg, Naringenin: 17.51mg, Naringenin: 17.51mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 202.69kcal (10.13%), Fat: 0.32g (0.48%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 51.19g (17.06%), Net Carbohydrates: 48.25g (17.54%), Sugar: 47g (52.22%), Cholesterol: 0.09mg (0.03%), Sodium: 16.23mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.19%), Vitamin C: 87.18mg (105.67%), Folate: 50.61µg (12.65%), Fiber: 2.95g (11.79%), Vitamin B1: 0.16mg (10.53%), Potassium: 339.75mg (9.71%), Vitamin B6: 0.13mg (6.57%), Manganese: 0.13mg (6.54%), Vitamin A: 323.28IU (6.47%), Calcium: 62.91mg (6.29%), Copper: 0.11mg (5.75%), Magnesium: 22.16mg (5.54%), Vitamin B2: 0.09mg (5.13%), Vitamin B5: 0.39mg (3.93%), Phosphorus: 29.06mg (2.91%), Vitamin B3: 0.56mg (2.8%), Vitamin E: 0.31mg (2.08%), Iron: 0.33mg (1.82%), Selenium: 0.92µg (1.31%), Zinc: 0.18mg (1.17%)