



Hilerie's Party Punch

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



28

CALORIES



62 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 liter ginger ale
- ☐ 12 fluid ounce grape-raspberry juice concentrate white frozen canned
- ☐ 12 ounce raspberries frozen

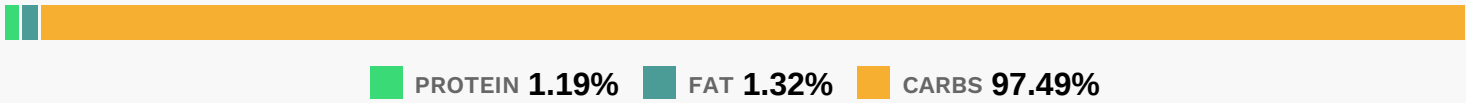
Equipment

- ☐ bowl

Directions

Mix ginger ale, white grape-peach juice, white grape-raspberry juice, raspberries, and mint leaves together in a punch bowl.

Nutrition Facts



Properties

Glycemic Index:3.18, Glycemic Load:8.03, Inflammation Score:-1, Nutrition Score:1.1765217427974%

Flavonoids

Cyanidin: 5.67mg, Cyanidin: 5.67mg, Cyanidin: 5.67mg, Cyanidin: 5.67mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 1.43mg, Malvidin: 1.43mg, Malvidin: 1.43mg, Malvidin: 1.43mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 62.37kcal (3.12%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 14.99g (5.45%), Sugar: 15.02g (16.69%), Cholesterol: 0mg (0%), Sodium: 10.73mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.39%), Manganese: 0.13mg (6.51%), Vitamin C: 3.2mg (3.87%), Fiber: 0.82g (3.26%), Iron: 0.37mg (2.07%), Copper: 0.04mg (1.94%), Magnesium: 5.37mg (1.34%)