



Hula Punch

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



143 kcal

BEVERAGE

DRINK

Ingredients

- 4 medium bananas
- 8 cups water and ice mixed cold
- 1 cup kool-aid tropical punch flavor sugar-sweetened drink mix
- 2 cups orange juice cold
- 2 cups pineapple juice unsweetened cold

Equipment

- bowl
- blender

Directions

- Place bananas and pineapple juice in blender container; cover. Blend on high speed until well blended.
- Measure drink mix into punch bowl or large pitcher.
- Add orange juice; stir until drink mix is completely dissolved.
- Add cold water and ice; stir.
- Add banana mixture; stir until well blended.

Nutrition Facts

PROTEIN 7.6% **FAT 9.11%** **CARBS 83.29%**

Properties

Glycemic Index:15.28, Glycemic Load:10.6, Inflammation Score:-4, Nutrition Score:7.7165217840153%

Flavonoids

Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 142.84kcal (7.14%), Fat: 1.5g (2.31%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 30.9g (10.3%), Net Carbohydrates: 29.46g (10.71%), Sugar: 20.59g (22.88%), Cholesterol: 3mg (1%), Sodium: 62mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin C: 33.99mg (41.2%), Manganese: 0.4mg (20.09%), Vitamin B6: 0.29mg (14.58%), Potassium: 424.29mg (12.12%), Vitamin B2: 0.17mg (10.25%), Vitamin B1: 0.15mg (9.98%), Folate: 38.57µg (9.64%), Magnesium: 37.38mg (9.35%), Copper: 0.15mg (7.32%), Phosphorus: 67.34mg (6.73%), Vitamin B3: 1.26mg (6.31%), Fiber: 1.43g (5.73%), Calcium: 56.88mg (5.69%), Selenium: 2.62µg (3.74%), Vitamin B5: 0.36mg (3.56%), Vitamin A: 159.77IU (3.2%), Iron: 0.46mg (2.53%), Zinc: 0.29mg (1.93%), Vitamin B12: 0.1µg (1.67%), Vitamin K: 1.1µg (1.05%)