



Incredible Punch



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



50

CALORIES



39 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 92 fluid ounce cranberry-raspberry juice
- ☐ 2 liters raspberry ginger ale soda
- ☐ 32 fluid ounce pina colada mix
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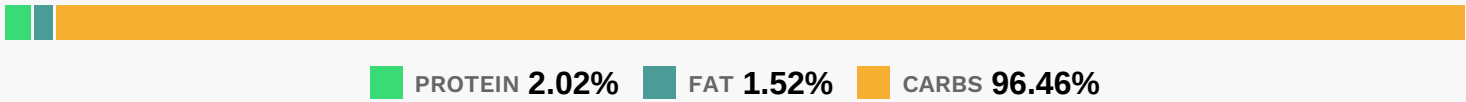
Equipment

- ☐ bowl

Directions

- ☐ In a large plastic container, combine cranberry-raspberry juice with the pina colada mix. Freeze overnight.
- ☐ Remove from freezer 30 minutes prior to serving. To serve place frozen slush in punch bowl and slowly add raspberry ginger ale.

Nutrition Facts



Properties

Glycemic Index:2.38, Glycemic Load:5.89, Inflammation Score:-1, Nutrition Score:1.036086961627%

Nutrients (% of daily need)

Calories: 38.59kcal (1.93%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 10.08g (3.67%), Sugar: 10.13g (11.26%), Cholesterol: 0mg (0%), Sodium: 3.88mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Vitamin C: 5.06mg (6.13%), Vitamin E: 0.65mg (4.35%), Vitamin K: 2.77µg (2.64%), Copper: 0.04mg (1.86%), Vitamin B6: 0.03mg (1.41%), Potassium: 42.29mg (1.21%), Iron: 0.21mg (1.15%)