Ipanema Punch

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	12	171 kcal

BEVERAGE DRINK

Ingredients

- [ ] 3 ounces banana
- [ ] 3 cups ginger ale
- [ ] 1 cup grapefruit juice
- [ ] 2 cups rum light
- [ ] 0.5 cup juice of lime fresh
- [ ] 2 cups orange juice fresh
- [ ] 1 cup pineapple juice
- [ ] 36 strawberries whole frozen

- [ ] 0.5 cup frangelico
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Equipment

- [ ] bowl

Directions

- [ ] In a large bowl, combine the Cointreau, rum, crème de banane, grapefruit juice, orange juice, lime juice, and pineapple juice. Cover and chill for at least 1 hour or overnight.
- [ ] Pour the mixture into a punch bowl or large pitcher.
- [ ] Add the frozen berries (as "ice cubes").
- [ ] Top with ginger ale and stir gently to blend.
- [ ] Garnish each glass.
- [ ] Taste
- [ ] Book, using the USDA Nutrition Database
- [ ] add notes my notes
- [ ] edit my notes
- [ ] done

Nutrition Facts

PROTEIN **4.02%** FAT **2.85%** CARBS **93.13%**

Properties

Glycemic Index:26.56, Glycemic Load:9.24, Inflammation Score:-5, Nutrition Score:5.7030433494112%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate:

0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 5.84mg, Hesperetin: 5.84mg, Hesperetin: 5.84mg, Hesperetin: 5.84mg Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 170.88kcal (8.54%), Fat: 0.26g (0.41%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 18.32g (6.66%), Sugar: 15.64g (17.38%), Cholesterol: 0mg (0%), Sodium: 6.36mg (0.28%), Alcohol: 13.36g (100%), Alcohol %: 7.27% (100%), Protein: 0.84g (1.68%), Vitamin C: 52.73mg (63.92%), Manganese: 0.28mg (13.98%), Folate: 27.4µg (6.85%), Potassium: 233.73mg (6.68%), Fiber: 1.09g (4.35%), Vitamin B1: 0.06mg (4.29%), Magnesium: 16.86mg (4.22%), Vitamin B6: 0.08mg (4.17%), Copper: 0.08mg (3.82%), Iron: 0.52mg (2.89%), Phosphorus: 23.97mg (2.4%), Vitamin B3: 0.47mg (2.35%), Vitamin A: 98.92IU (1.98%), Vitamin B2: 0.03mg (1.93%), Vitamin B5: 0.19mg (1.9%), Calcium: 17.97mg (1.8%), Zinc: 0.18mg (1.18%), Vitamin E: 0.15mg (1.03%)