



Ipanema Punch



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



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
- ☐ 0.5 cup frangelico

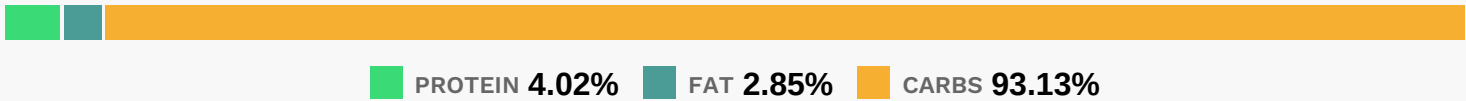
Equipment

- ☐ 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



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 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%)