



Island Punch



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



20

CALORIES



169 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 liter carbonated water
- ☐ 1 liter ginger ale
- ☐ 4 cups ice cubes
- ☐ 12 fluid ounce lemonade concentrate frozen canned
- ☐ 4 ounce maraschino cherries
- ☐ 2 cups splenda® no calorie sweetener
- ☐ 1 cranberry-orange relish sliced in rounds
- ☐ 1 pint orange sherbet

- ☐ 12 fluid ounce orange juice concentrate frozen canned
- ☐ 2 cups water

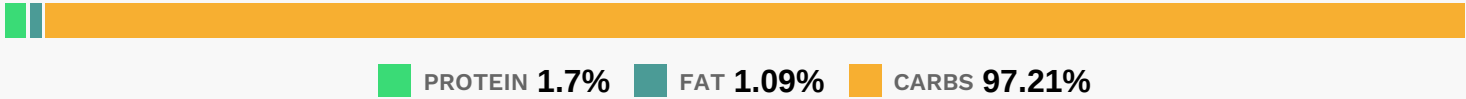
Equipment

- ☐ bowl

Directions

- ☐ Bring water to a boil.
- ☐ Add the SPLENDA® Granulated Sweetener and boil until it becomes a syrup.
- ☐ Let cool.
- ☐ In a punch bowl combine lemonade, orange juice, ginger ale, and carbonated water.
- ☐ Mix in the syrup.
- ☐ Add ice and sherbet. Just before serving add cherries and cherry juice and float orange slices on top.

Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:13.08, Inflammation Score:-3, Nutrition Score:4.4639130079228%

Flavonoids

Hesperetin: 8.23mg, Hesperetin: 8.23mg, Hesperetin: 8.23mg, Hesperetin: 8.23mg Naringenin: 4.63mg, Naringenin: 4.63mg, Naringenin: 4.63mg, Naringenin: 4.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 168.74kcal (8.44%), Fat: 0.22g (0.33%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 43.65g (14.55%), Net Carbohydrates: 42.52g (15.46%), Sugar: 38.69g (42.99%), Cholesterol: 0mg (0%), Sodium: 20.25mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin C: 44.12mg (53.48%), Folate: 23.97µg (5.99%), Vitamin B1: 0.08mg (5.24%), Potassium: 182.54mg (5.22%), Fiber: 1.14g (4.55%), Vitamin B6: 0.07mg (3.4%), Magnesium: 12.41mg (3.1%), Calcium: 29.25mg (2.93%), Copper: 0.06mg (2.89%), Vitamin A: 137.76IU

(2.76%), Vitamin B2: 0.04mg (2.54%), Vitamin B5: 0.2mg (1.98%), Phosphorus: 16.46mg (1.65%), Vitamin B3: 0.3mg (1.49%), Manganese: 0.03mg (1.3%), Iron: 0.22mg (1.24%), Vitamin E: 0.18mg (1.2%), Zinc: 0.15mg (1.02%)