



## Italian Fruit Punch

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



600 min.

SERVINGS



28

CALORIES



60 kcal

BEVERAGE

DRINK

## Ingredients

- 12 oz lemonade concentrate frozen thawed canned
- 4 cans water
- 2 cups strawberries frozen ( 12 large)
- 2 optional: lemon cut into 1/4-inch slices, slices cut in half
- 1 leaves mint leaves fresh
- 12 oz lemonade concentrate frozen thawed canned
- 12 oz limeade concentrate frozen thawed canned
- 3 cups water cold

- 4 cups lemon-lime soda pop chilled
- 1 liter seltzer water chilled

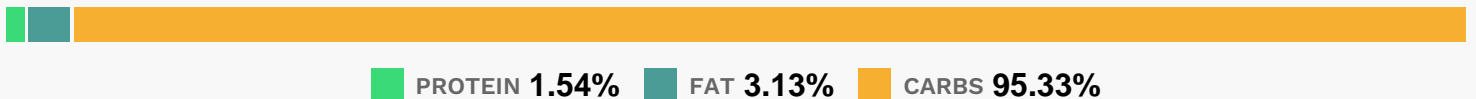
## Equipment

- bowl
- frying pan
- knife
- cake form

## Directions

- In pitcher, mix 1 can lemonade concentrate and 4 cans water.
- Pour 2 cups of the lemonade into 12-cup fluted tube cake pan. Freeze in coldest section of freezer about 45 minutes or until thin coating of ice forms on surface. Crack ice crust with small, sharp knife to expose liquid underneath. Working quickly, place strawberries, lemon slices and mint leaves in liquid, making sure each piece is partially submerged. Return pan to freezer about 1 hour or until lemonade is frozen solid.
- Remove from freezer and add remaining lemonade. Freeze at least 8 hours or overnight.
- In 2-quart pitcher, mix 1 can lemonade concentrate, the limeade concentrate and 3 cups water. Refrigerate until ready to use.
- Just before serving, pour limeade mixture, soda pop and club soda into punch bowl. Dip pan with ice ring very quickly into warm water, then turn upside down to unmold ice ring. Float ring in punch bowl.

## Nutrition Facts



## Properties

Glycemic Index:2.34, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:1.4326087079294%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin:

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## **Nutrients (% of daily need)**

Calories: 59.81kcal (2.99%), Fat: 0.22g (0.34%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 15.35g (5.12%), Net Carbohydrates: 14.86g (5.4%), Sugar: 13.12g (14.58%), Cholesterol: 0mg (0%), Sodium: 12.45mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin C: 13.7mg (16.6%), Manganese: 0.05mg (2.28%), Fiber: 0.49g (1.98%), Potassium: 48.18mg (1.38%), Folate: 5.14µg (1.29%), Magnesium: 4.51mg (1.13%)