



## Italian Fruit Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



600 min.

SERVINGS



28

CALORIES



29 kcal

BEVERAGE

DRINK

## Ingredients

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

## Equipment

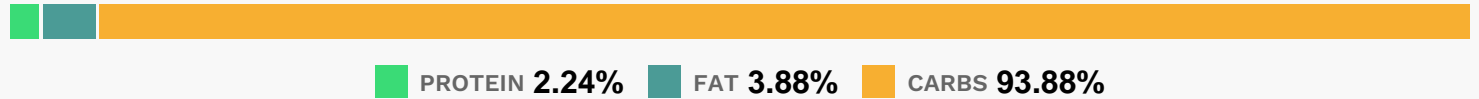
- bowl
- frying pan

- 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:1.1308695788941%

## 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: 0.03mg Pelargonidin: 2.56mg, Pelargonidin: 2.56mg, Pelargonidin: 2.56mg, Pelargonidin: 2.56mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg

Luteolin: 0.15mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

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

Calories: 29.34kcal (1.47%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 7.57g (2.52%), Net Carbohydrates: 7.11g (2.59%), Sugar: 6.1g (6.78%), Cholesterol: 0mg (0%), Sodium: 1.12mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Vitamin C: 11.73mg (14.22%), Manganese: 0.04mg (2.18%), Fiber: 0.46g (1.83%), Folate: 4.17µg (1.04%)