



Lemon-Strawberry Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



32

CALORIES



45 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 18 oz lemonade concentrate frozen thawed canned
- ☐ 10 oz strawberries light frozen thawed undrained
- ☐ 1 liter ginger ale

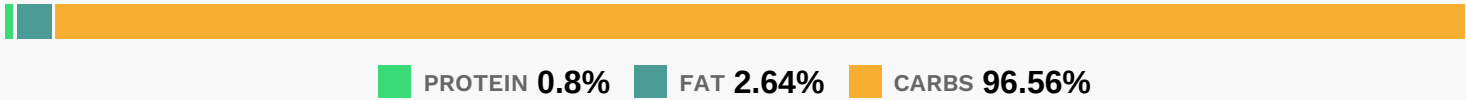
Equipment

- ☐ bowl

Directions

- ☐
- In 4-quart container, stir lemonade concentrate and 9 cans water until well mixed.
- ☐
- Pour lemonade into punch bowl. Stir in strawberries.
- ☐
- Just before serving, add ginger ale and ice; gently stir.

Nutrition Facts



Properties

Glycemic Index:3.22, Glycemic Load:1.92, Inflammation Score:-1, Nutrition Score:0.78739131873716%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg 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: 2.2mg, Pelargonidin: 2.2mg, Pelargonidin: 2.2mg, Pelargonidin: 2.2mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 44.69kcal (2.23%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 11.37g (3.79%), Net Carbohydrates: 11.14g (4.05%), Sugar: 10.3g (11.45%), Cholesterol: 0mg (0%), Sodium: 3.39mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.19%), Vitamin C: 7.3mg (8.85%), Manganese: 0.04mg (2.02%)