

Luau Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



189 kcal

BEVERAGE

DRINK

Ingredients

- 2 liters lemon-lime carbonated beverage flavored
- 6 ounce orange juice concentrate frozen thawed canned
- 46 fluid ounce pineapple juice canned

Equipment

Directions

- In an empty gallon milk jug or pitcher, pour pineapple juice and orange juice concentrate. Shake to mix and pour in the lemon-lime soda. You may need to let the fizz settle and then return to pouring. This will fill up the gallon. Freeze overnight.
- Let the punch start to thaw 2 hours before serving.
- Serve slushy.

Nutrition Facts

■ PROTEIN **2.58%**
■ FAT **0.87%**
■ CARBS **96.55%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:5.3399999802527%

Nutrients (% of daily need)

Calories: 188.58kcal (9.43%), Fat: 0.19g (0.3%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 47.94g (15.98%), Net Carbohydrates: 46g (16.73%), Sugar: 44.78g (49.75%), Cholesterol: 0mg (0%), Sodium: 22.5mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 29.93mg (9.98%), Protein: 1.28g (2.56%), Vitamin C: 37.45mg (45.39%), Vitamin B1: 0.19mg (12.37%), Potassium: 277.65mg (7.93%), Copper: 0.16mg (7.78%), Fiber: 1.94g (7.75%), Vitamin B6: 0.15mg (7.31%), Magnesium: 28.35mg (7.09%), Folate: 19.9µg (4.97%), Vitamin B2: 0.06mg (3.43%), Calcium: 32.22mg (3.22%), Vitamin B3: 0.6mg (3.01%), Vitamin A: 132.48IU (2.65%), Iron: 0.48mg (2.65%), Phosphorus: 19.9mg (1.99%), Zinc: 0.18mg (1.22%)