



Mango Passion Fruit Frozen Punch for Adults



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



720 min.

SERVINGS



8

CALORIES



251 kcal

BEVERAGE

DRINK

Ingredients

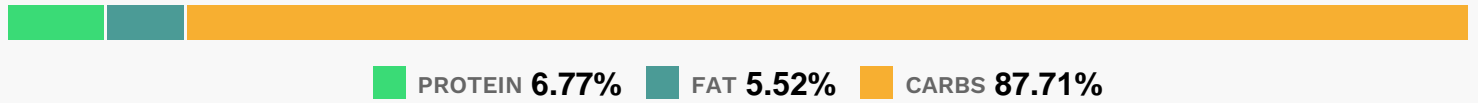
- 4 mangos cubed peeled seeded
- 24 fluid ounce passion fruit concentrate frozen canned
- 12 fluid ounces vodka
- 6 cups water

Equipment

Directions

- In plastic pitcher empty passion fruit juice and 6 cups water.
- Mix well. Toss in the mango chunks.
- Pour in vodka.
- Mix again and place in freezer for at least 12 hours
- The vodka will prevent mixture from freezing completely.
- Mix again after removing from freezer.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:10.64, Inflammation Score:-9, Nutrition Score:12.425652047862%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Nutrients (% of daily need)

Calories: 250.61kcal (12.53%), Fat: 1.01g (1.56%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 36.28g (12.09%), Net Carbohydrates: 25.4g (9.24%), Sugar: 24.11g (26.79%), Cholesterol: 0mg (0%), Sodium: 35.19mg (1.53%), Alcohol: 14.81g (100%), Alcohol %: 4.54% (100%), Protein: 2.8g (5.6%), Vitamin C: 64.29mg (77.92%), Vitamin A: 2248.26IU (44.97%), Fiber: 10.88g (43.53%), Folate: 56.92µg (14.23%), Potassium: 483.03mg (13.8%), Copper: 0.22mg (11.2%), Vitamin B6: 0.21mg (10.59%), Vitamin B3: 2.02mg (10.12%), Magnesium: 37.85mg (9.46%), Vitamin B2: 0.16mg (9.28%), Iron: 1.59mg (8.83%), Phosphorus: 77.03mg (7.7%), Vitamin E: 0.95mg (6.33%), Vitamin K: 4.97µg (4.73%), Manganese: 0.07mg (3.26%), Calcium: 27.35mg (2.74%), Vitamin B1: 0.03mg (2.08%), Vitamin B5: 0.2mg (2.04%), Selenium: 1.15µg (1.65%), Zinc: 0.2mg (1.33%)