



Mother's Lime Green Punch



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



15

CALORIES



191 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons almond extract
- ☐ 2 cups bottled lemon juice realemon® such as
- ☐ 3 ounce lime jell-o® mix flavored
- ☐ 46 fluid ounce pineapple juice canned
- ☐ 4 cups water cold
- ☐ 2 cups sugar white

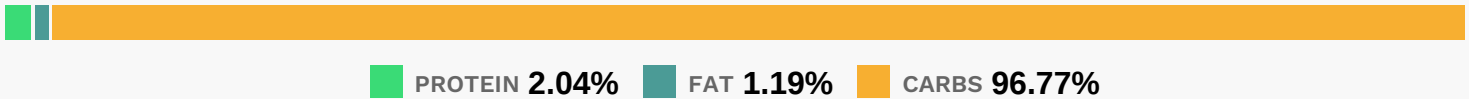
Equipment

- ☐ bowl

Directions

- ☐ Mix sugar and lime gelatin mix in a large bowl.
- ☐ Stir 4 cups boiling water into gelatin mixture until sugar and gelatin have dissolved.
- ☐ Thoroughly chill gelatin mixture in refrigerator, about 1 hour.
- ☐ Place lime gelatin mixture into a large punch bowl; stir in pineapple juice, lemon juice, almond extract, and 4 cups cold water until thoroughly combined.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:18.62, Inflammation Score:-2, Nutrition Score:3.1582608987456%

Flavonoids

Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 190.83kcal (9.54%), Fat: 0.26g (0.41%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 48.27g (16.09%), Net Carbohydrates: 46.99g (17.09%), Sugar: 45.46g (50.51%), Cholesterol: 0mg (0%), Sodium: 31.23mg (1.36%), Alcohol: 0.6g (100%), Alcohol %: 0.34% (100%), Protein: 1.02g (2.04%), Vitamin C: 21.11mg (25.59%), Vitamin B1: 0.1mg (6.71%), Copper: 0.12mg (6.11%), Fiber: 1.28g (5.11%), Potassium: 149.45mg (4.27%), Vitamin B6: 0.08mg (4.17%), Magnesium: 16.51mg (4.13%), Folate: 11.21µg (2.8%), Vitamin B2: 0.03mg (1.94%), Calcium: 18.98mg (1.9%), Phosphorus: 17.05mg (1.7%), Iron: 0.3mg (1.68%), Vitamin B3: 0.29mg (1.48%), Selenium: 0.94µg (1.34%)