

## Party Punch II

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



34

CALORIES



200 kcal

BEVERAGE

DRINK

### Ingredients

- 2 cups freshly tea black brewed
- 2 trays ice cubes
- 4 liter lemon-lime carbonated beverage chilled flavored
- 12 fluid ounce lemonade concentrate frozen canned
- 3 cups rum light
- 12 fluid ounce orange juice concentrate frozen canned
- 10 ounce strawberries in syrup frozen sliced
- 8 cups water

2 cups sugar white

## Equipment

bowl

## Directions

In a punch bowl, combine strawberries, orange juice concentrate, lemonade concentrate, water and tea. Stir in sugar and rum.

Add Ice, and pour in lemon soda.

## Nutrition Facts

**PROTEIN 1.45%** **FAT 0.77%** **CARBS 97.78%**

## Properties

Glycemic Index:2.5, Glycemic Load:8.21, Inflammation Score:-3, Nutrition Score:1.7860869582257%

## Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.81mg, Epicatechin 3-gallate: 0.81mg, Epicatechin 3-gallate: 0.81mg, Epicatechin 3-gallate: 0.81mg Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg Theaflavin: 0.22mg, Theaflavin: 0.22mg, Theaflavin: 0.22mg, Theaflavin: 0.22mg Thearubigins: 11.29mg, Thearubigins: 11.29mg, Thearubigins: 11.29mg, Thearubigins: 11.29mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Theaflavin-3,3'-digallate: 0.24mg, Theaflavin-3,3'-digallate: 0.24mg, Theaflavin-3,3'-digallate: 0.24mg, Theaflavin-3,3'-digallate: 0.24mg Theaflavin-3'-gallate: 0.21mg, Theaflavin-3'-gallate: 0.21mg, Theaflavin-3'-gallate: 0.21mg, Theaflavin-3'-gallate: 0.21mg Gallocatechin: 0.17mg, Gallocatechin: 0.17mg, Gallocatechin: 0.17mg, Gallocatechin: 0.17mg

## Nutrients (% of daily need)

Calories: 200.21kcal (10.01%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 39.02g (13.01%), Net Carbohydrates: 38.89g (14.14%), Sugar: 36.41g (40.45%), Cholesterol: 0mg (0%), Sodium: 22.69mg (0.99%), Alcohol: 7.07g (100%), Alcohol %: 3.59% (100%), Caffeine: 20.38mg (6.79%), Protein: 0.58g (1.16%), Vitamin C: 16.5mg (20%), Folate: 9.46µg (2.37%), Potassium: 80.13mg (2.29%), Vitamin B1: 0.03mg (2.14%), Manganese: 0.04mg (2.05%), Magnesium: 6.54mg (1.63%), Vitamin B6: 0.03mg (1.47%), Calcium: 14.41mg (1.44%), Vitamin B2: 0.02mg (1.37%), Copper: 0.02mg (1.16%)