

## Party Punch III

 **Gluten Free**  **Dairy Free**

READY IN



2 min.

SERVINGS



48

CALORIES



56 kcal

BEVERAGE

DRINK

### Ingredients

- 2 liter fruit punch chilled
- 2 liter ginger ale chilled
- 64 fluid ounce orange juice chilled

### Equipment

- bowl

### Directions

In a punch bowl, combine fruit punch and orange juice. Slowly pour ginger ale down the side of the bowl to retain carbonation.

## Nutrition Facts

**PROTEIN 3.21%** **FAT 1.86%** **CARBS 94.93%**

### Properties

Glycemic Index:2.4, Glycemic Load:4.39, Inflammation Score:-3, Nutrition Score:2.5217391372375%

### Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

### Nutrients (% of daily need)

Calories: 55.66kcal (2.78%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 13.11g (4.77%), Sugar: 11.71g (13.01%), Cholesterol: 0mg (0%), Sodium: 5.39mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin C: 20.63mg (25.01%), Vitamin A: 204.91IU (4.1%), Potassium: 116.42mg (3.33%), Folate: 12.66µg (3.17%), Fiber: 0.75g (2.99%), Copper: 0.06mg (2.81%), Vitamin B1: 0.04mg (2.7%), Vitamin K: 1.96µg (1.87%), Magnesium: 6.84mg (1.71%), Vitamin B3: 0.32mg (1.61%), Iron: 0.28mg (1.57%), Vitamin B2: 0.02mg (1.29%), Phosphorus: 11.71mg (1.17%), Vitamin B6: 0.02mg (1.12%), Manganese: 0.02mg (1.11%)