



## Patriotic Punch

 Vegetarian

READY IN



185 min.

SERVINGS



5

CALORIES



794 kcal

BEVERAGE

DRINK

### Ingredients

- 1 L club soda chilled
- 4 cups kool-aid island twists ice raspberry lemonade flavor sugar-sweetened drink mix blue soft prepared
- 5 servings kool-aid tropical punch flavor sugar-sweetened drink mix
- 2 cups orange juice cold
- 2 cups water cold

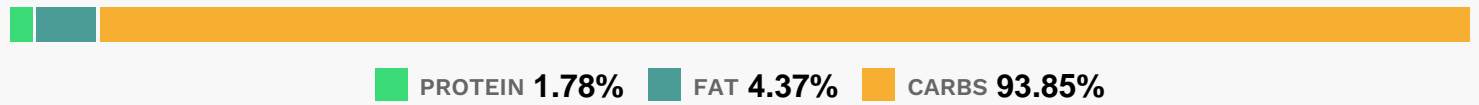
### Equipment

- bowl

## Directions

- Pour prepared raspberry lemonade drink evenly into 3 plastic ice cube trays. Freeze 3 hours or until frozen.
- Measure tropical punch drink mix into cap to 2-qt. line.
- Pour into 3-qt. plastic or glass pitcher.
- Add water and juice; stir until mix is dissolved.
- Pour into punch bowl just before serving. Stir in club soda; add blue ice cubes.

## Nutrition Facts



## Properties

Glycemic Index:10.4, Glycemic Load:5.26, Inflammation Score:-9, Nutrition Score:15.029565235843%

## Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 11.85mg, Hesperetin: 11.85mg, Hesperetin: 11.85mg, Hesperetin: 11.85mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 793.75kcal (39.69%), Fat: 4.03g (6.2%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 194.84g (64.95%), Net Carbohydrates: 193.92g (70.52%), Sugar: 183.49g (203.88%), Cholesterol: 5.04mg (1.68%), Sodium: 221.72mg (9.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.39%), Vitamin C: 119.79mg (145.21%), Magnesium: 464.16mg (116.04%), Potassium: 617.95mg (17.66%), Vitamin B1: 0.22mg (14.77%), Vitamin B2: 0.22mg (13.12%), Folate: 49.88µg (12.47%), Calcium: 121.21mg (12.12%), Phosphorus: 99.02mg (9.9%), Copper: 0.19mg (9.56%), Vitamin B3: 1.73mg (8.63%), Vitamin B6: 0.17mg (8.56%), Selenium: 4.59µg (6.56%), Vitamin A: 261.14IU (5.22%), Manganese: 0.09mg (4.68%), Zinc: 0.64mg (4.28%), Vitamin B5: 0.42mg (4.24%), Iron: 0.7mg (3.87%), Fiber: 0.92g (3.67%), Vitamin B12: 0.17µg (2.8%), Vitamin E: 0.36mg (2.4%), Vitamin K: 1.23µg (1.17%)