



Peach & Strawberry Punch/nectarine Sunrise/fruity Lemonade

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



379 kcal

BEVERAGE

DRINK

Ingredients

- 12 ounces all-natural apricot nectar chilled
- 12 ounces ginger ale chilled
- 0.5 cup grenadine syrup
- 2.5 cups ice crushed (add more if necessary)
- 12 ice cubes
- 6 ounces lemonade concentrate frozen
- 0.5 cup rum light

- 8 slices lime fresh
- 8 maraschino cherries
- 4 large mint leaves
- 8 sprigs mint leaves
- 1 nectarines pitted sliced into 8 wedges
- 3 large nectarines pitted chopped
- 6 ounces orange juice concentrate frozen
- 1 cup peaches chopped
- 8 pineapple chunks fresh
- 12 ounces pineapple juice chilled
- 750 ml apple juice chilled for apple juice (asti *may substitute wine)
- 1 cup strawberries sliced
- 0.7 cup tequila
- 1 quart water chilled
- 6 ounces water cold
- 2 tablespoons granulated sugar white
- 8 small frangelico (may substitute toothpicks)
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Equipment

- bowl
- blender
- skewers

Directions

- Peach& Strawberry Punch
- Combine sliced berries and chopped peaches in a small bowl.
- Sprinkle with sugar and gently stir.Allow the fruit to stand at room temperature 30 minutes to an hour.

- Pour fruit into iced punch bowl followed by wine, water, mint and ice.*Makes 2 quarts*
Nectarine Sunrise Reserve 8 nectarine slices.(*to be used for garnish) In blender combine the chopped nectarines, orange juice concentrate, tequila and puree till smooth.
- Add crushed ice making sure to blend until slushy.(*
- Mixture should measure 5 cups in total-- add additional crushed ice if necessary) In bottom of glasses add 1 tbsp grenadine.
- Add slushy nectarine mixture. Top with a mint sprig and a nectarine slice.*Makes 8 (5 ounce) servings* Fruity Lemonade
- Combine cherry lemonade concentrate, 1 can water, apricot nectar and pineapple juice in large pitcher.*If adding rum or vodka do so now-- (1/2 cup or to taste)
- Add ice cubes and then slowly pour in ginger ale and stir gently. Thread pineapple wedge, lime slice and marachino cherry onto plastic skewer for garnish.*Makes 8 (5 ounce) servings*.

Nutrition Facts

PROTEIN 2.66% **FAT 2.69%** **CARBS 94.65%**

Properties

Glycemic Index: 68.51, Glycemic Load: 28.36, Inflammation Score: -8, Nutrition Score: 10.79304345276%

Flavonoids

Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Catechin: 5.01mg, Catechin: 5.01mg, Catechin: 5.01mg, Catechin: 5.01mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epicatechin: 7.09mg, Epicatechin: 7.09mg, Epicatechin: 7.09mg, Epicatechin: 7.09mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 378.94kcal (18.95%), Fat: 0.93g (1.43%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 73.46g (24.49%), Net Carbohydrates: 70.75g (25.73%), Sugar: 61.62g (68.46%), Cholesterol: 0mg (0%), Sodium: 44.93mg (1.95%), Alcohol: 11.69g (100%), Alcohol %: 2.17% (100%), Protein: 2.06g (4.13%), Vitamin C: 65.83mg (79.79%), Manganese: 0.47mg (23.31%), Vitamin A: 1028.35IU (20.57%), Potassium: 501.62mg (14.33%), Vitamin B1: 0.17mg (11.54%), Copper: 0.22mg (11.12%), Fiber: 2.71g (10.86%), Folate: 37.83µg (9.46%), Magnesium: 37mg (9.25%), Vitamin B6: 0.17mg (8.58%), Vitamin B3: 1.59mg (7.95%), Vitamin E: 1mg (6.68%), Vitamin B2: 0.11mg (6.36%), Phosphorus: 58.94mg (5.89%), Iron: 0.96mg (5.32%), Calcium: 49.19mg (4.92%), Vitamin B5: 0.46mg (4.59%), Vitamin K: 3.35µg (3.19%), Zinc: 0.47mg (3.12%), Selenium: 0.99µg (1.41%)