



Perfect Party Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



30

CALORIES



110 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 bananas sliced
- ☐ 2 pints fruit sherbet flavored
- ☐ 64 fluid ounce fruit punch
- ☐ 2 liter lemon-lime carbonated beverage flavored
- ☐ 30 ounce pineapple chunks canned
- ☐ 1 pint strawberries hulled sliced

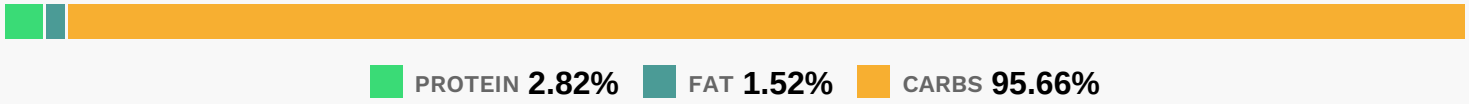
Equipment

- ☐ bowl

Directions

- ☐
- In a large punch bowl, pour fruit punch.
- ☐
- Add pineapple chunks, strawberries and bananas. Slide in the sherbet and slowly pour in the lemon-lime soda.

Nutrition Facts



Properties

Glycemic Index:3.16, Glycemic Load:1.23, Inflammation Score:-3, Nutrition Score:3.4904347463794%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 3.92mg, Pelargonidin: 3.92mg, Pelargonidin: 3.92mg, Pelargonidin: 3.92mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 110.26kcal (5.51%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 28.21g (9.4%), Net Carbohydrates: 25.81g (9.38%), Sugar: 23.2g (25.77%), Cholesterol: 0mg (0%), Sodium: 11.9mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.98mg (3.33%), Protein: 0.83g (1.66%), Vitamin C: 14.71mg (17.82%), Fiber: 2.4g (9.61%), Vitamin A: 306.88IU (6.14%), Copper: 0.12mg (5.75%), Manganese: 0.11mg (5.38%), Potassium: 172.33mg (4.92%), Vitamin K: 4.94µg (4.7%), Vitamin B6: 0.07mg (3.63%), Magnesium: 13.82mg (3.46%), Vitamin B1: 0.05mg (3.1%), Vitamin B3: 0.57mg (2.87%), Iron: 0.47mg (2.62%), Vitamin B2: 0.04mg (2.23%), Folate: 8.67µg (2.17%), Phosphorus: 18.86mg (1.89%), Calcium: 13.51mg (1.35%), Zinc: 0.15mg (1.03%)