



## Picnic Fruit Punch

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

READY IN



10 min.

SERVINGS



10

CALORIES



206 kcal

BEVERAGE

DRINK

### Ingredients

- 8 cups 1/4 cup dried cranberry (juice sweetened if possible)
- 3 cups pineapple juice
- 3 cups orange juice
- 0.3 cup juice of lemon
- 1 liter ginger ale chilled
- 1 medium navel oranges sliced

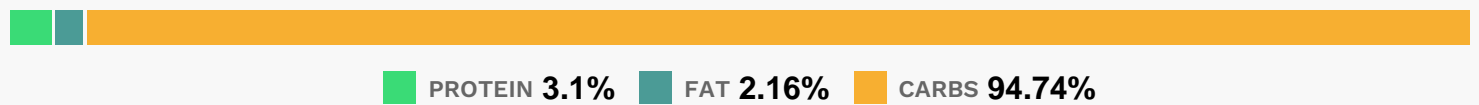
### Equipment

- bowl

## Directions

- In a large container (such as a pitcher) pour in the cranberry, pineapple, orange and lemon juices, and stir until well combined. Cover the container opening with storage wrap, and refrigerate for at least eight hours or up to two days.
- Just before serving, transfer the fruit punch to a punch bowl. Stir in the ginger ale and orange slices. Editor's Tip: To avoid watering down the punch, add ice cubes directly to each serving glass instead of the punch bowl. To preserve the orange slices' integrity, too, you can add them directly to glasses so they don't sit in the punch bowl and become soggy.

## Nutrition Facts



## Properties

Glycemic Index:21.7, Glycemic Load:27.29, Inflammation Score:-6, Nutrition Score:10.216086859288%

## Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 12.84mg, Hesperetin: 12.84mg, Hesperetin: 12.84mg, Hesperetin: 12.84mg Naringenin: 2.67mg, Naringenin: 2.67mg, Naringenin: 2.67mg, Naringenin: 2.67mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 206.23kcal (10.31%), Fat: 0.53g (0.82%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 52.46g (17.49%), Net Carbohydrates: 51.64g (18.78%), Sugar: 48.03g (53.36%), Cholesterol: 0mg (0%), Sodium: 13.39mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.43%), Vitamin C: 73.74mg (89.38%), Manganese: 0.38mg (19.25%), Vitamin E: 2.5mg (16.69%), Potassium: 427.21mg (12.21%), Vitamin B6: 0.22mg (10.98%), Copper: 0.22mg (10.86%), Folate: 43.07µg (10.77%), Vitamin K: 10.61µg (10.1%), Vitamin B1: 0.14mg (9.15%), Magnesium: 31.73mg (7.93%), Iron: 1.08mg (5.98%), Vitamin A: 278.37IU (5.57%), Phosphorus: 48.33mg (4.83%), Vitamin B2: 0.08mg (4.8%), Calcium: 42.96mg (4.3%), Vitamin B3: 0.69mg (3.44%), Fiber: 0.82g (3.28%), Zinc: 0.38mg (2.54%), Vitamin B5: 0.23mg (2.26%)