



Pineapple Fruit Punch

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

READY IN



45 min.

SERVINGS



12

CALORIES



305 kcal

BEVERAGE

DRINK

Ingredients

- 1 quart ginger ale chilled
- 0.3 cup juice of lemon
- 4.6 ounce lemonade drink mix unsweetened
- 12 ounce orange juice concentrate frozen thawed canned
- 46 ounce pineapple juice canned
- 2 cups sugar
- 3 quarts water

Equipment

Directions

- Stir together first 3 ingredients in a large container until sugar dissolves. Stir in 3 quarts water, orange juice concentrate, and lemon juice; chill 4 hours. Stir in ginger ale just before serving.
- NOTE: To make an ice ring, reserve 4 cups punch before chilling. Arrange assorted fruit in bottom of a 6-cup ring mold.
- Pour punch into mold, and freeze 8 hours.

Nutrition Facts

PROTEIN 1.57% **FAT 1.2%** **CARBS 97.23%**

Properties

Glycemic Index:11.09, Glycemic Load:27.62, Inflammation Score:-5, Nutrition Score:7.3304348069689%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 304.88kcal (15.24%), Fat: 0.43g (0.66%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 78.03g (26.01%), Net Carbohydrates: 76.27g (27.73%), Sugar: 74.66g (82.96%), Cholesterol: 0mg (0%), Sodium: 26.36mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin C: 58.28mg (70.64%), Magnesium: 56.63mg (14.16%), Vitamin B1: 0.19mg (12.8%), Copper: 0.19mg (9.67%), Potassium: 337.48mg (9.64%), Vitamin B6: 0.16mg (8.06%), Folate: 29.27µg (7.32%), Fiber: 1.76g (7.04%), Vitamin B2: 0.08mg (4.69%), Calcium: 40.54mg (4.05%), Vitamin A: 163.17IU (3.26%), Iron: 0.58mg (3.24%), Vitamin B3: 0.64mg (3.19%), Phosphorus: 25.88mg (2.59%), Vitamin B5: 0.17mg (1.74%), Zinc: 0.23mg (1.56%), Vitamin E: 0.22mg (1.45%), Manganese: 0.03mg (1.39%), Selenium: 0.9µg (1.28%)