



WHATSheATE



Pineapple-Ginger Punch



Gluten Free



Dairy Free

READY IN



7 min.

SERVINGS



4

CALORIES



160 kcal

BEVERAGE

DRINK

Ingredients



24 ounce diet ginger ale canned



2 large mint sprigs



24 ounce pineapple juice canned

Equipment

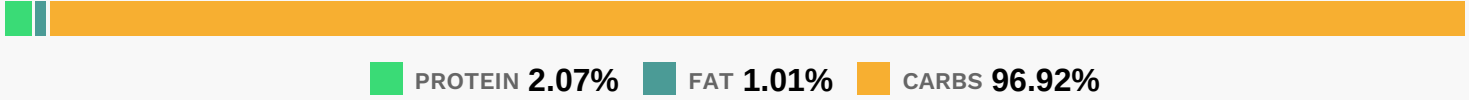


sauce pan

Directions

- ☐
- Combine pineapple juice and mint sprigs in a medium saucepan. Bring to a boil; remove from heat, and cool to room temperature. Discard mint sprigs.
- ☐
- Transfer pineapple juice to a pitcher, and gently stir in ginger ale.
- ☐
- Serve immediately over ice.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:9.39, Inflammation Score:-2, Nutrition Score:4.0952173835881%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 160.24kcal (8.01%), Fat: 0.19g (0.3%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 41.44g (13.81%), Net Carbohydrates: 39.19g (14.25%), Sugar: 39.39g (43.77%), Cholesterol: 0mg (0%), Sodium: 13.76mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.77%), Vitamin C: 16.15mg (19.57%), Vitamin B1: 0.17mg (11.59%), Copper: 0.21mg (10.71%), Fiber: 2.25g (9.01%), Magnesium: 27.62mg (6.9%), Vitamin B6: 0.13mg (6.41%), Potassium: 215.47mg (6.16%), Iron: 0.81mg (4.49%), Calcium: 33.53mg (3.35%), Vitamin B3: 0.49mg (2.46%), Folate: 9.07µg (2.27%), Vitamin B2: 0.04mg (2.18%), Vitamin A: 106.29IU (2.13%), Zinc: 0.26mg (1.74%), Manganese: 0.03mg (1.4%), Phosphorus: 12.27mg (1.23%), Selenium: 0.85µg (1.21%), Vitamin K: 1.19µg (1.13%)