



Pineapple-Lemonade Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



190 min.

SERVINGS



10

CALORIES



103 kcal

BEVERAGE

DRINK

Ingredients

- 2 Tbsp grenadine syrup
- 8.3 oz pineapple chunks in juice drained canned
- 46 oz pineapple juice canned
- 2 cups water cold
- 8 wooden skewers
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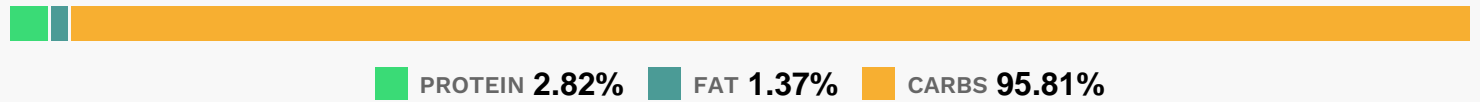
Equipment

- skewers

Directions

- Empty drink mix into large pitcher.
- Add water; stir until drink mix is completely dissolved. Stir in pineapple juice and grenadine syrup. Refrigerate several hours or until chilled.
- Meanwhile, insert pineapple chunks evenly onto skewers; cover and refrigerate until ready to use.
- Serve in 8 tall glasses over crushed ice, if desired.
- Add 1 pineapple skewer to each glass.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:2.68, Inflammation Score:-2, Nutrition Score:3.4234782774811%

Nutrients (% of daily need)

Calories: 103kcal (5.15%), Fat: 0.17g (0.26%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 26.61g (8.87%), Net Carbohydrates: 24.61g (8.95%), Sugar: 23.79g (26.44%), Cholesterol: 0mg (0%), Sodium: 4.98mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.57%), Vitamin C: 14.46mg (17.52%), Vitamin B1: 0.16mg (10.46%), Copper: 0.17mg (8.66%), Fiber: 2g (8%), Magnesium: 23.7mg (5.93%), Vitamin B6: 0.12mg (5.77%), Potassium: 191.83mg (5.48%), Calcium: 26.27mg (2.63%), Iron: 0.43mg (2.4%), Vitamin B3: 0.44mg (2.18%), Folate: 7.69µg (1.92%), Vitamin B2: 0.03mg (1.92%), Vitamin A: 76.9IU (1.54%), Phosphorus: 10.93mg (1.09%), Zinc: 0.16mg (1.09%), Vitamin K: 1.08µg (1.03%)