



Pineapple Lime Punch

READY IN



5 min.

SERVINGS



16

CALORIES



168 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups sugar
- ☐ 2 quarts water cold
- ☐ 0.3 oz liquid malt extract unsweetened soft
- ☐ 46 oz pineapple rings chilled canned
- ☐ 1 liter ginger ale chilled ()

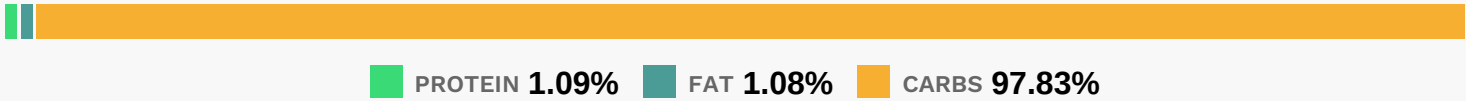
Equipment

- ☐ bowl

Directions

- ☐ In large pitcher or punch bowl, stir together sugar and water until sugar is dissolved. Stir in remaining ingredients.
- ☐ Pour into glasses.

Nutrition Facts



Properties

Glycemic Index:8.32, Glycemic Load:20.89, Inflammation Score:-1, Nutrition Score:2.0669565078519%

Nutrients (% of daily need)

Calories: 168.32kcal (8.42%), Fat: 0.21g (0.33%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 43.37g (14.46%), Net Carbohydrates: 42.31g (15.39%), Sugar: 42.34g (47.05%), Cholesterol: 0.11mg (0.04%), Sodium: 13.21mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin C: 7.67mg (9.3%), Copper: 0.12mg (6%), Vitamin B1: 0.09mg (5.7%), Fiber: 1.06g (4.24%), Magnesium: 14.46mg (3.62%), Vitamin B6: 0.06mg (3.15%), Potassium: 105.68mg (3.02%), Calcium: 20.08mg (2.01%), Iron: 0.36mg (1.98%), Vitamin B2: 0.03mg (1.54%), Vitamin B3: 0.26mg (1.28%), Folate: 4.29µg (1.07%)