



Pineapple-Peach Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



1440 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 cups all-natural apricot nectar
- 1 liter seltzer water chilled
- 30 oz cream of coconut canned
- 1.5 cups peach nectar
- 46 oz pineapple rings canned
- 1 liter vodka chilled

Equipment

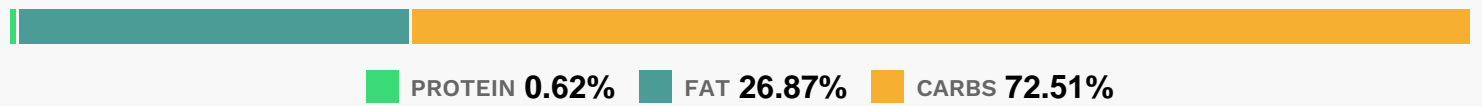
- bowl

whisk

Directions

- Whisk together pineapple juice, cream of coconut, peach nectar, and apricot nectar in a large pitcher. Divide pineapple mixture among 3 (2-gal.) zip-top plastic freezer bags, placing one-third mixture in each bag. Seal bags, and freeze 2 to 3 hours or until slushy.
- Remove bags from freezer, and let stand 5 minutes.
- Pour pineapple mixture into a large punch bowl; stir in chilled vodka, and top with chilled club soda.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:10.492608754531%

Nutrients (% of daily need)

Calories: 1440.44kcal (72.02%), Fat: 29.41g (45.24%), Saturated Fat: 25.59g (159.92%), Carbohydrates: 178.56g (59.52%), Net Carbohydrates: 169.35g (61.58%), Sugar: 169.27g (188.08%), Cholesterol: 0mg (0%), Sodium: 145.93mg (6.34%), Alcohol: 67.76g (100%), Alcohol %: 8.73% (100%), Protein: 1.53g (3.07%), Vitamin C: 46.88mg (56.83%), Fiber: 9.2g (36.82%), Vitamin A: 1314.08IU (26.28%), Vitamin B1: 0.37mg (24.41%), Copper: 0.34mg (16.96%), Vitamin B6: 0.25mg (12.56%), Magnesium: 47.88mg (11.97%), Potassium: 402.3mg (11.49%), Calcium: 64.5mg (6.45%), Vitamin B2: 0.09mg (5.38%), Iron: 0.9mg (4.99%), Vitamin B3: 0.92mg (4.6%), Vitamin E: 0.58mg (3.85%), Folate: 14.54µg (3.64%), Vitamin K: 3.63µg (3.45%), Phosphorus: 34.41mg (3.44%), Zinc: 0.49mg (3.27%), Manganese: 0.04mg (2.01%), Selenium: 1.19µg (1.7%), Vitamin B5: 0.12mg (1.23%)