



Pineapple Planter's Punch



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



179 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 liters ginger ale chilled
- ☐ 0.5 cup juice of lemon fresh
- ☐ 2 cups orange juice fresh
- ☐ 4 cups pineapple juice unsweetened

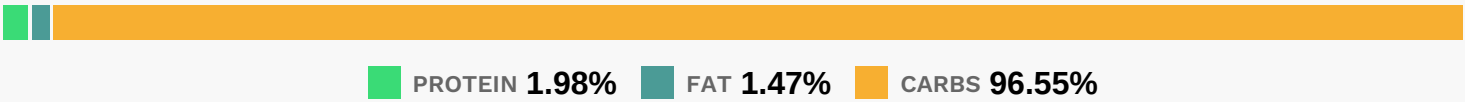
Equipment

- ☐ bowl

Directions

- ☐
- Combine pineapple juice, orange juice and lemon juice in a large bowl or pitcher. Stir well and chill for at least 2 hours before serving. Stir in ginger ale and serve in tall glasses over ice cubes.
- ☐
- Garnish with fresh pineapple, if desired.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:23.93, Inflammation Score:-4, Nutrition Score:7.1904346787411%

Flavonoids

Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg Hesperetin: 9.62mg, Hesperetin: 9.62mg, Hesperetin: 9.62mg, Hesperetin: 9.62mg Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 178.58kcal (8.93%), Fat: 0.3g (0.46%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 44.53g (14.84%), Net Carbohydrates: 44.13g (16.05%), Sugar: 39.56g (43.96%), Cholesterol: 0mg (0%), Sodium: 20.59mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin C: 48.7mg (59.03%), Manganese: 0.64mg (31.88%), Folate: 42.89µg (10.72%), Vitamin B1: 0.13mg (8.53%), Potassium: 295.6mg (8.45%), Copper: 0.16mg (7.8%), Vitamin B6: 0.15mg (7.49%), Magnesium: 24.39mg (6.1%), Iron: 0.95mg (5.28%), Calcium: 30.56mg (3.06%), Vitamin B2: 0.05mg (2.69%), Vitamin A: 130.82IU (2.62%), Vitamin B3: 0.5mg (2.48%), Phosphorus: 21.2mg (2.12%), Vitamin B5: 0.2mg (2.04%), Zinc: 0.29mg (1.95%), Fiber: 0.41g (1.62%)