



## Pineapple Punch Drink

 Vegetarian

READY IN



5 min.

SERVINGS



15

CALORIES



168 kcal

BEVERAGE

DRINK

### Ingredients

- 1 liter lemon-lime carbonated beverage flavored
- 4 ounce drink mix powder sweetened raspberry-flavored
- 92 fluid ounce pineapple juice canned

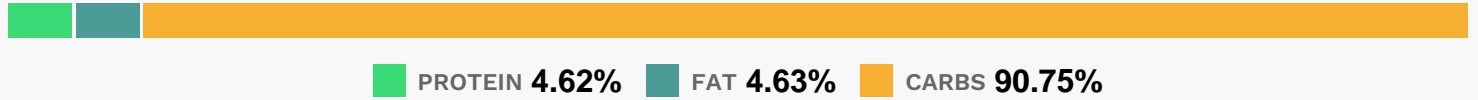
### Equipment

- bowl

### Directions

In a large punch bowl combine pineapple juice, sprite and drink mix. Stir, and serve over ice.

## Nutrition Facts



### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:5.1539130677348%

### Nutrients (% of daily need)

Calories: 168.44kcal (8.42%), Fat: 0.92g (1.41%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 40.53g (13.51%), Net Carbohydrates: 38.17g (13.88%), Sugar: 36.24g (40.27%), Cholesterol: 1.81mg (0.6%), Sodium: 39.08mg (1.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.98mg (3.33%), Protein: 2.07g (4.13%), Vitamin C: 17.27mg (20.93%), Vitamin B1: 0.22mg (14.88%), Copper: 0.21mg (10.46%), Fiber: 2.37g (9.46%), Magnesium: 34.9mg (8.73%), Vitamin B6: 0.17mg (8.35%), Potassium: 282.86mg (8.08%), Vitamin B2: 0.11mg (6.33%), Calcium: 52.88mg (5.29%), Vitamin B3: 0.92mg (4.61%), Phosphorus: 39.76mg (3.98%), Iron: 0.57mg (3.19%), Folate: 12.55µg (3.14%), Selenium: 1.97µg (2.81%), Vitamin A: 107.62IU (2.15%), Zinc: 0.26mg (1.75%), Vitamin K: 1.68µg (1.6%), Vitamin B12: 0.06µg (1.01%)