



Pink Lady Punch

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



16

CALORIES



134 kcal

BEVERAGE

DRINK

Ingredients

- 4 cups cranberry juice cocktail chilled
- 1 quart ginger ale chilled
- 4 cups pineapple juice chilled
- 1 cup sugar white

Equipment

- bowl

Directions

Mix ginger ale, cranberry juice, and pineapple juice together in a punch bowl; stir in sugar until dissolved.

Nutrition Facts

PROTEIN 0.62% **FAT 1.14%** **CARBS 98.24%**

Properties

Glycemic Index:14.94, Glycemic Load:20.55, Inflammation Score:-2, Nutrition Score:3.5347826623398%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 133.66kcal (6.68%), Fat: 0.17g (0.27%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 33.76g (11.25%), Net Carbohydrates: 33.65g (12.23%), Sugar: 31.15g (34.62%), Cholesterol: 0mg (0%), Sodium: 6.71mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Vitamin C: 32.65mg (39.58%), Manganese: 0.34mg (16.8%), Vitamin B6: 0.06mg (2.95%), Copper: 0.06mg (2.93%), Folate: 10.62µg (2.65%), Potassium: 86.4mg (2.47%), Vitamin B1: 0.03mg (2.28%), Magnesium: 8.3mg (2.08%), Iron: 0.36mg (1.99%), Calcium: 11.47mg (1.15%), Vitamin E: 0.15mg (1.01%)