

Pink Tulip Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



116 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 bananas ripe peeled sliced
- ☐ 24 ounce orange-pineapple-apple juice concentrate frozen thawed canned
- ☐ 12 ounce raspberries unsweetened frozen thawed
- ☐ 32 ounce berry-flavored sparkling mineral water chilled
- ☐ 2 cups water

Equipment

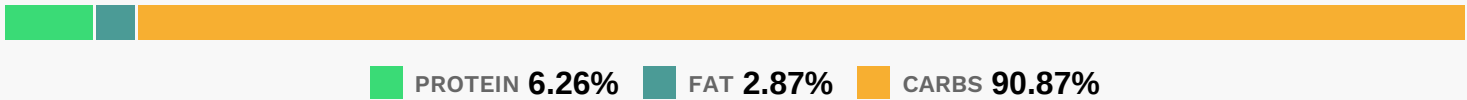
- ☐ bowl
- ☐ sieve

☐ blender

Directions

- ☐ Place raspberries in a blender; process until smooth.
- ☐ Pour raspberry puree through a wire-mesh strainer into a bowl, discarding pulp and seeds remaining in strainer. Return strained puree to blender.
- ☐ Add sliced banana and 1 can juice concentrate; process until smooth.
- ☐ Pour mixture into a large freezer-proof container. Stir in remaining 1 can juice concentrate and 2 cups water. Cover and freeze 4 hours or until slushy.
- ☐ To serve, transfer juice mixture to a small punch bowl. Stir in mineral water, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.73, Glycemic Load:2.57, Inflammation Score:-6, Nutrition Score:9.9382609206697%

Flavonoids

Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 116.16kcal (5.81%), Fat: 0.39g (0.6%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 24.89g (9.05%), Sugar: 20.49g (22.77%), Cholesterol: 0mg (0%), Sodium: 7.18mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.83%), Vitamin C: 91.35mg (110.73%), Manganese: 0.27mg (13.51%), Potassium: 469.85mg (13.42%), Folate: 53.54µg (13.39%), Vitamin B6: 0.24mg (11.76%), Fiber: 2.92g (11.68%), Vitamin B1: 0.17mg (11.41%), Magnesium: 31.79mg (7.95%), Vitamin B2: 0.12mg (7.31%), Vitamin B5: 0.48mg

(4.76%), Vitamin A: 236.83IU (4.74%), Phosphorus: 47.13mg (4.71%), Vitamin B3: 0.92mg (4.59%), Calcium: 41.38mg (4.14%), Vitamin E: 0.61mg (4.04%), Copper: 0.08mg (4.03%), Vitamin K: 2.54µg (2.42%), Iron: 0.43mg (2.41%), Zinc: 0.24mg (1.62%)