



Pomegranate Punch

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

READY IN



5 min.

SERVINGS



8

CALORIES



96 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 liters ginger ale chilled
- 0.3 cup juice of lemon fresh (from 2 lemons)
- 1.5 cups pomegranate juice chilled
- 1 tablespoon sugar

Equipment

- bowl

Directions

- Stir lemon juice with sugar in a small bowl until sugar is dissolved.
- Pour into a large punch bowl. Stir in ginger ale and pomegranate juice.
- Mix well and serve cold.

Nutrition Facts

PROTEIN 0.39% **FAT 1.43%** **CARBS 98.18%**

Properties

Glycemic Index:16.64, Glycemic Load:11.37, Inflammation Score:-1, Nutrition Score:1.4226087037798%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 96.26kcal (4.81%), Fat: 0.16g (0.24%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 24.52g (8.17%), Net Carbohydrates: 24.45g (8.89%), Sugar: 24.22g (26.91%), Cholesterol: 0mg (0%), Sodium: 17.39mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.19%), Vitamin K: 4.86µg (4.62%), Vitamin C: 3mg (3.63%), Manganese: 0.07mg (3.48%), Folate: 12.73µg (3.18%), Potassium: 109.67mg (3.13%), Copper: 0.04mg (2.24%), Iron: 0.39mg (2.17%), Vitamin B5: 0.14mg (1.43%), Magnesium: 5.6mg (1.4%), Vitamin E: 0.19mg (1.26%), Calcium: 11.22mg (1.12%), Vitamin B6: 0.02mg (1.11%)