

Pretty Petal Punch

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



81 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 liter ginger ale
- ☐ 64 ounce guava blend juice
- ☐ 20 servings rose hips
- ☐ 1 cube pumpkin candies and gummy worms

Equipment

- ☐ bowl

Directions

- ☐ Pour the guava juice and ginger ale into a large punch bowl.
- ☐ Add enough cubes to cover surface, and float rose petals on top.

Nutrition Facts



Properties

Glycemic Index:3.15, Glycemic Load:5.51, Inflammation Score:-1, Nutrition Score:1.9956522310234%

Nutrients (% of daily need)

Calories: 81.05kcal (4.05%), Fat: Og (0.01%), Saturated Fat: Og (0%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 19.5g (7.09%), Sugar: 19.13g (21.26%), Cholesterol: Omg (0%), Sodium: 10.85mg (0.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.04%), Vitamin C: 26.94mg (32.65%), Fiber: 0.99g (3.98%), Potassium: 99.63mg (2.85%), Manganese: 0.02mg (1.16%), Iron: 0.19mg (1.06%)