



Punch



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



10

CALORIES



216 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 32 fluid ounces 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 32 fluid ounces ginger ale
- ☐ 32 fluid ounces pink lemonade kool-aid
- ☐ 32 fluid ounces orange juice
- ☐ 32 fluid ounces pineapple juice

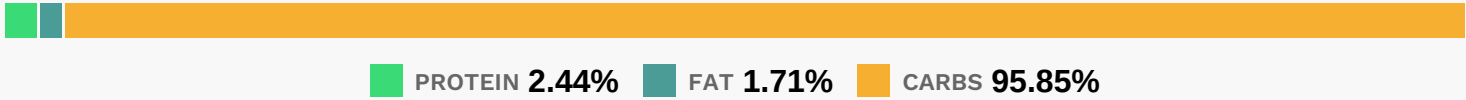
Equipment

- ☐ bowl

Directions

- ☐ Chill all of the juices and ginger ale.
- ☐ Combine them in a large punch bowl when ready to serve.

Nutrition Facts



Properties

Glycemic Index:28.15, Glycemic Load:29.91, Inflammation Score:-5, Nutrition Score:8.930869711482%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.31mg, Hesperetin: 11.31mg, Hesperetin: 11.31mg, Hesperetin: 11.31mg Naringenin: 2.03mg, Naringenin: 2.03mg, Naringenin: 2.03mg, Naringenin: 2.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 216.42kcal (10.82%), Fat: 0.43g (0.66%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 53.85g (17.95%), Net Carbohydrates: 53.38g (19.41%), Sugar: 48.46g (53.84%), Cholesterol: 0mg (0%), Sodium: 17.35mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Vitamin C: 65.57mg (79.48%), Manganese: 0.5mg (25.12%), Folate: 46.37µg (11.59%), Potassium: 386.07mg (11.03%), Vitamin B1: 0.15mg (9.9%), Vitamin B6: 0.18mg (9.08%), Copper: 0.18mg (8.8%), Vitamin E: 1.19mg (7.95%), Magnesium: 28.39mg (7.1%), Vitamin K: 5.2µg (4.96%), Iron: 0.89mg (4.94%), Vitamin A: 236.56IU (4.73%), Vitamin B2: 0.07mg (3.84%), Phosphorus: 35.96mg (3.6%), Calcium: 33.12mg (3.31%), Vitamin B3: 0.65mg (3.26%), Vitamin B5: 0.23mg (2.33%), Zinc: 0.29mg (1.96%), Fiber: 0.47g (1.89%)