



Purim Party Punch for Kids



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



75 min.

SERVINGS



30

CALORIES



156 kcal

BEVERAGE

DRINK

Ingredients



2 banana



64 oz fruit chilled



2 liters lemon lime soda



3 cups pineapple chunks fresh



1.5 qts pineapple sherbet softened



1 pint strawberries fresh hulled sliced

Equipment



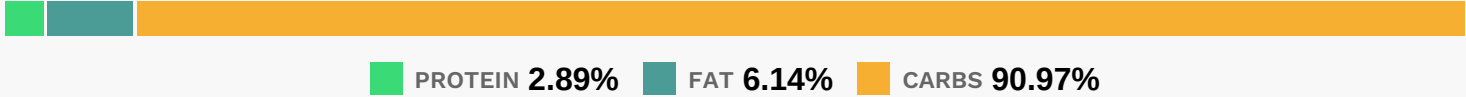
bowl

☐ ladle

Directions

- ☐ Save Recipe
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- ☐ Purim Party Punch for Kids
- ☐ Ingredients2 bananas3 cups fresh pineapple chunks1 pint fresh strawberries, hulled and sliced1/2 gallon (64 oz) fruit punch, chilled1 1/2 qts rainbow sherbet, softened1 bottle (2 liters) lemon lime soda
- ☐ You will also need1 punch bowl, ladle & cups to serve
- ☐ Prep Time: 1 Hour
- ☐ Total Time: 1 Hour 15 Minutes
- ☐ Servings: 25–30 servings (double recipe for a larger punch bowl)
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:4.86, Glycemic Load:8.25, Inflammation Score:-3, Nutrition Score:3.7565217756707%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 3.92mg, Pelargonidin: 3.92mg, Pelargonidin: 3.92mg, Pelargonidin: 3.92mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 156.12kcal (7.81%), Fat: 1.11g (1.7%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 36.86g (12.29%), Net Carbohydrates: 34.45g (12.53%), Sugar: 30.18g (33.54%), Cholesterol: 0.47mg (0.16%), Sodium: 31.91mg (1.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.98mg (3.33%), Protein: 1.17g (2.34%), Vitamin C: 14.6mg (17.7%), Fiber: 2.41g (9.64%), Potassium: 181.55mg (5.19%), Manganese: 0.1mg (5.18%), Copper: 0.1mg (4.88%), Vitamin A: 223.17IU (4.46%), Vitamin B2: 0.07mg (4.39%), Magnesium: 15.2mg (3.8%), Vitamin B6: 0.07mg (3.73%), Calcium: 36.61mg (3.66%), Vitamin B1: 0.05mg (3.36%), Phosphorus: 33.36mg (3.34%), Vitamin K: 3.33µg (3.18%), Folate: 9.64µg (2.41%), Iron: 0.42mg (2.32%), Zinc: 0.35mg (2.3%), Vitamin B3: 0.46mg (2.29%), Vitamin B5: 0.18mg (1.77%), Selenium: 0.95µg (1.35%), Vitamin B12: 0.06µg (1.03%)