

Rachel's Raspberry Punch

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Low Fod Map

READY IN

ready

5 min.

SERVINGS

servings

12

CALORIES

calories

126 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 fluid ounce raspberry lemonade concentrate frozen canned
- ☐ 12 fluid ounces vodka lemon-flavored
- ☐ 12 fluid ounces water

Equipment

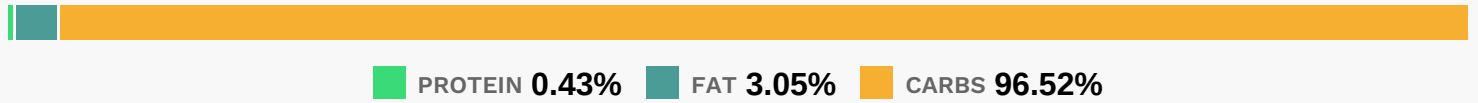
- ☐ bowl

Directions



In a pitcher or punch bowl, stir together the raspberry lemonade concentrate, lemon vodka, lime-flavored beer, and water until thoroughly combined.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.44695651191084%

Nutrients (% of daily need)

Calories: 126.26kcal (6.31%), Fat: 0.21g (0.32%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 14.67g (5.33%), Sugar: 13.16g (14.62%), Cholesterol: 0mg (0%), Sodium: 3.84mg (0.17%), Alcohol: 9.88g (100%), Alcohol %: 14.11% (100%), Protein: 0.07g (0.13%), Vitamin C: 3.87mg (4.7%)