



Raspberry Corona® Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



168 kcal

BEVERAGE

DRINK

Ingredients

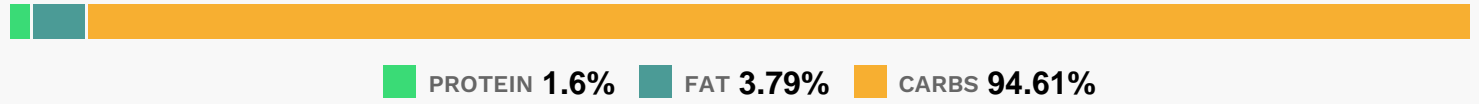
- 1 optional: lemon sliced for garnish
- 12 fluid ounce pink lemonade concentrate frozen thawed canned
- 1 cup raspberries fresh
- 1 cup vodka
- 4 cups as desired

Equipment

Directions

- Stir lemonade concentrate and vodka together in a large container.
- Pour beer into the lemonade mixture. Float raspberries into the liquid and gently stir.
- Serve over ice and garnish with lemon slices.

Nutrition Facts



Properties

Glycemic Index:8.31, Glycemic Load:0.44, Inflammation Score:-2, Nutrition Score:2.3169564980528%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 167.95kcal (8.4%), Fat: 0.45g (0.69%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 23.69g (8.61%), Sugar: 20.74g (23.04%), Cholesterol: 0mg (0%), Sodium: 9.74mg (0.42%), Alcohol: 10.02g (100%), Alcohol %: 5.74% (100%), Protein: 0.43g (0.85%), Vitamin C: 16.9mg (20.48%), Fiber: 1.49g (5.94%), Manganese: 0.11mg (5.52%), Copper: 0.05mg (2.31%), Magnesium: 8.67mg (2.17%), Potassium: 73.52mg (2.1%), Folate: 7.74µg (1.93%), Vitamin B6: 0.03mg (1.4%), Calcium: 13.91mg (1.39%), Vitamin B1: 0.02mg (1.37%), Vitamin E: 0.19mg (1.27%), Vitamin B5: 0.13mg (1.26%), Iron: 0.23mg (1.26%), Vitamin K: 1.26µg (1.2%), Phosphorus: 11.11mg (1.11%)