



Raspberry Punch (Crowd Size)

 Gluten Free  Dairy Free  Low Fod Map

READY IN



150 min.

SERVINGS



24

CALORIES



67 kcal

BEVERAGE

DRINK

Ingredients

- 40 ounces raspberries frozen thawed undrained
- 6 ounces lemonade concentrate frozen thawed canned
- 2 liters ginger ale chilled

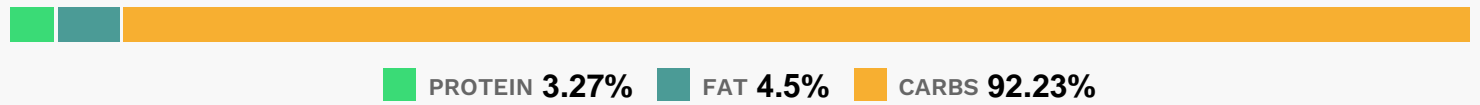
Equipment

- bowl
- sieve
- dutch oven

Directions

- In 4-quart Dutch oven, cook raspberries over medium heat 10 minutes, stirring frequently; cool slightly. Push through strainer with large spoon to remove seeds. Refrigerate raspberry juice at least 2 hours.
- In punch bowl or large pitcher, mix raspberry juice and lemonade concentrate. Stir in ginger ale.
- Serve immediately over ice.

Nutrition Facts



Properties

Glycemic Index:3.71, Glycemic Load:5.25, Inflammation Score:-2, Nutrition Score:3.3169564773207%

Flavonoids

Cyanidin: 21.63mg, Cyanidin: 21.63mg, Cyanidin: 21.63mg, Cyanidin: 21.63mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 66.72kcal (3.34%), Fat: 0.36g (0.55%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 16.44g (5.48%), Net Carbohydrates: 13.35g (4.85%), Sugar: 12.64g (14.05%), Cholesterol: 0mg (0%), Sodium: 6.79mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.17%), Manganese: 0.33mg (16.41%), Vitamin C: 13.31mg (16.13%), Fiber: 3.09g (12.37%), Vitamin K: 3.7µg (3.52%), Magnesium: 11.72mg (2.93%), Copper: 0.06mg (2.92%), Vitamin E: 0.42mg (2.78%), Iron: 0.48mg (2.68%), Folate: 10.42µg (2.6%), Potassium: 77.28mg (2.21%), Vitamin B5: 0.16mg (1.64%), Zinc: 0.24mg (1.62%), Calcium: 14.8mg (1.48%), Vitamin B3: 0.29mg (1.45%), Phosphorus: 14.2mg (1.42%), Vitamin B6: 0.03mg (1.37%), Vitamin B1: 0.02mg (1.1%), Vitamin B2: 0.02mg (1.06%)