

## Red Slush Punch

 **Gluten Free**  **Dairy Free**

READY IN



**195 min.**

SERVINGS



**32**

CALORIES



**266 kcal**

BEVERAGE

DRINK

### Ingredients

- 8 liter ginger ale
- 2 cups juice of lemon
- 92 fluid ounce pineapple juice canned
- 9 ounce strawberry jell-o® mix flavored
- 4 cups sugar
- 9 cups water

### Equipment

- bowl

whisk

pot

## Directions

- In a large bowl, whisk together the strawberry gelatin mix and 9 cups of boiling water. Set aside. In a large pot, bring the remaining 9 cups of water to a boil. Stir in the sugar until dissolved.
- Pour the sugar water into the gelatin water, then stir in the pineapple juice and lemon juice, mixing well.
- Pour into four 1-gallon size resealable freezer bags, or pretty Bundt pans to freeze.
- To make punch, place one of the frozen portions into a punch bowl, and pour 1 bottle of ginger ale over.

## Nutrition Facts

 PROTEIN **1.59%**  FAT **0.68%**  CARBS **97.73%**

## Properties

Glycemic Index:4.16, Glycemic Load:31.22, Inflammation Score:-1, Nutrition Score:2.9147826141637%

## Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 265.78kcal (13.29%), Fat: 0.21g (0.32%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 68.24g (22.75%), Net Carbohydrates: 67.09g (24.4%), Sugar: 66.51g (73.9%), Cholesterol: 0mg (0%), Sodium: 59.19mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Vitamin C: 13.89mg (16.84%), Copper: 0.16mg (8%), Vitamin B1: 0.09mg (6.04%), Fiber: 1.15g (4.6%), Magnesium: 16.99mg (4.25%), Iron: 0.72mg (4.01%), Potassium: 124.68mg (3.56%), Vitamin B6: 0.07mg (3.54%), Calcium: 24.48mg (2.45%), Folate: 7.54µg (1.88%), Phosphorus: 18.41mg (1.84%), Selenium: 1.29µg (1.84%), Manganese: 0.04mg (1.81%), Vitamin B2: 0.03mg (1.66%), Zinc: 0.23mg (1.52%), Vitamin B3: 0.26mg (1.28%)