



Shower Citrus Punch 2-2-2-2-2

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

READY IN



10 min.

SERVINGS



12

CALORIES



212 kcal

BEVERAGE

DRINK

Ingredients

- 2 liters ginger ale chilled
- 2 cups juice of lemon
- 2 cups orange juice
- 2 cups water cold
- 2 cups sugar white
- 4 cups as desired

Equipment

- bowl

Directions

Stir ginger ale, water, sugar, orange juice, and lemon juice together in a punch bowl; add ice.

Nutrition Facts

PROTEIN 0.77% **FAT 1.15%** **CARBS 98.08%**

Properties

Glycemic Index:15.42, Glycemic Load:34.64, Inflammation Score:-3, Nutrition Score:3.4421739801764%

Flavonoids

Eriodictyol: 2.05mg, Eriodictyol: 2.05mg, Eriodictyol: 2.05mg, Eriodictyol: 2.05mg Hesperetin: 10.82mg, Hesperetin: 10.82mg, Hesperetin: 10.82mg, Hesperetin: 10.82mg Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 212.41kcal (10.62%), Fat: 0.29g (0.44%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 54.87g (18.29%), Net Carbohydrates: 54.66g (19.88%), Sugar: 52.56g (58.4%), Cholesterol: 0mg (0%), Sodium: 18.71mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Vitamin C: 36.4mg (44.13%), Folate: 20.53µg (5.13%), Copper: 0.08mg (3.79%), Potassium: 126.88mg (3.63%), Vitamin B1: 0.05mg (3.13%), Magnesium: 9.83mg (2.46%), Iron: 0.43mg (2.4%), Vitamin B6: 0.04mg (1.76%), Vitamin A: 85.11IU (1.7%), Manganese: 0.03mg (1.68%), Calcium: 15.86mg (1.59%), Vitamin B2: 0.02mg (1.46%), Vitamin B5: 0.13mg (1.32%), Phosphorus: 10.28mg (1.03%), Vitamin B3: 0.2mg (1.01%)