



Six Things Punch

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

READY IN



10 min.

SERVINGS



24

CALORIES



71 kcal

BEVERAGE

DRINK

Ingredients

- 1 blood oranges cut into rounds
- 46 fluid ounce fruit punch canned
- 3 cups ginger ale
- 6 fluid ounce grape juice concentrate frozen
- 6 ounce lemonade concentrate frozen canned
- 6 ounce orange juice concentrate frozen canned
- 6 cups water cold

Equipment

bowl

Directions

In a large punch bowl, combine fruit punch, lemonade concentrate, orange juice concentrate and grape juice concentrate. Stir in the water, then the ginger ale. Float orange slices on top.

Nutrition Facts

 PROTEIN 2.54%  FAT 1.6%  CARBS 95.86%

Properties

Glycemic Index:4.4, Glycemic Load:1.65, Inflammation Score:-2, Nutrition Score:2.1965217318224%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Malvidin: 0.83mg, Malvidin: 0.83mg, Malvidin: 0.83mg, Malvidin: 0.83mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 71.41kcal (3.57%), Fat: 0.13g (0.21%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 18.07g (6.02%), Net Carbohydrates: 17.05g (6.2%), Sugar: 15.36g (17.07%), Cholesterol: 0mg (0%), Sodium: 9.22mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin C: 12.75mg (15.45%), Fiber: 1.03g (4.11%), Vitamin A: 199.83IU (4%), Copper: 0.06mg (3.2%), Potassium: 109.09mg (3.12%), Vitamin K: 2.68µg (2.55%), Manganese: 0.04mg (2.06%), Vitamin B1: 0.03mg (1.96%), Magnesium: 7.49mg (1.87%), Folate: 7.25µg (1.81%), Vitamin B2: 0.03mg (1.61%), Vitamin B3: 0.32mg (1.59%), Vitamin B6: 0.03mg (1.58%), Iron: 0.28mg (1.54%), Phosphorus: 12.73mg (1.27%)