



Southern Pineapple Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



132 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon ginger fresh finely grated
- 2 liter ginger ale chilled
- 10 servings ice cubes crushed
- 1 cup apricot-mango nectar
- 12 oz pineapple-orange juice concentrate frozen thawed

Equipment

Directions

- Stir together chilled ginger ale, pineapple–orange juice concentrate, mango nectar, ginger, and, if desired, Southern Comfort.
- Serve over crushed ice.
- Note: We tested with Old Orchard Pineapple–Orange 100% Juice frozen concentrate.

Nutrition Facts

PROTEIN 2.52% **FAT 0.7%** **CARBS 96.78%**

Properties

Glycemic Index:7.8, Glycemic Load:11.03, Inflammation Score:-4, Nutrition Score:5.4343478083611%

Nutrients (% of daily need)

Calories: 131.54kcal (6.58%), Fat: 0.11g (0.16%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 32.86g (10.95%), Net Carbohydrates: 32.43g (11.79%), Sugar: 30.98g (34.43%), Cholesterol: 0mg (0%), Sodium: 17.74mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.71%), Vitamin C: 53.18mg (64.46%), Folate: 28.03µg (7.01%), Potassium: 224.91mg (6.43%), Vitamin B1: 0.09mg (6.3%), Vitamin A: 302.63IU (6.05%), Vitamin B6: 0.09mg (4.67%), Magnesium: 14.97mg (3.74%), Vitamin B2: 0.06mg (3.56%), Iron: 0.57mg (3.14%), Copper: 0.06mg (3.07%), Manganese: 0.05mg (2.54%), Calcium: 23.32mg (2.33%), Phosphorus: 21.49mg (2.15%), Vitamin B5: 0.21mg (2.09%), Vitamin B3: 0.4mg (1.98%), Vitamin E: 0.26mg (1.72%), Fiber: 0.43g (1.72%), Zinc: 0.16mg (1.08%)