

Sparkling Punch

READY IN



10 min.

SERVINGS



10

CALORIES



410 kcal

BEVERAGE

DRINK

Ingredients

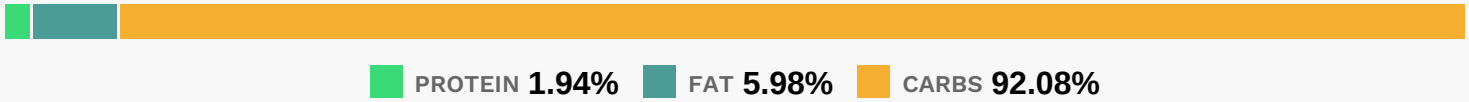
- ☐ 2 liter ginger ale
- ☐ 1 slices garnish: lemon
- ☐ 12 oz pink lemonade concentrate frozen thawed canned
- ☐ 92 oz pineapple juice canned
- ☐ 10 oz strawberry daiquiri mix concentrate frozen thawed canned

Equipment

Directions

- ☐
- Stir together first 3 ingredients. Cover and chill 1 hour. Stir in ginger ale just before serving.
- ☐
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:8.85, Glycemic Load:11.02, Inflammation Score:-3, Nutrition Score:7.3947826248148%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 409.87kcal (20.49%), Fat: 2.83g (4.36%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 98.17g (32.72%), Net Carbohydrates: 94.66g (34.42%), Sugar: 83.95g (93.27%), Cholesterol: 0mg (0%), Sodium: 210.16mg (9.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin C: 29.34mg (35.57%), Vitamin B1: 0.35mg (23.5%), Copper: 0.32mg (15.98%), Fiber: 3.51g (14.05%), Magnesium: 43.55mg (10.89%), Calcium: 103.01mg (10.3%), Vitamin B6: 0.2mg (10.15%), Potassium: 350.87mg (10.02%), Iron: 1.6mg (8.88%), Vitamin B3: 1.31mg (6.53%), Vitamin B2: 0.1mg (5.9%), Folate: 19.45µg (4.86%), Vitamin A: 130.56IU (2.61%), Zinc: 0.37mg (2.5%), Phosphorus: 20.75mg (2.08%), Selenium: 1.38µg (1.97%), Vitamin K: 1.89µg (1.8%), Manganese: 0.03mg (1.53%)