



Strawberry Punch

READY IN



130 min.

SERVINGS



12

CALORIES



315 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 liter ginger ale
- ☐ 12 fluid ounce pink lemonade concentrate frozen thawed canned
- ☐ 6 ounce orange juice concentrate frozen thawed canned
- ☐ 32 ounce strawberries frozen divided sliced
- ☐ 10 ounce strawberry daiquiri mix frozen thawed bacardi® canned (such as)
- ☐ 1 quart water or as needed

Equipment

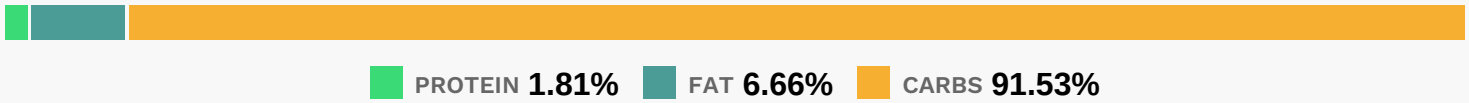
- ☐ bowl

Directions

- ☐
- Combine water with 1 package strawberries in a square container. Store in freezer until solid, at least 2 hours.

☐☐

Nutrition Facts



Properties

Glycemic Index:8.58, Glycemic Load:20.07, Inflammation Score:-4, Nutrition Score:8.025652071704%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 315.07kcal (15.75%), Fat: 2.39g (3.68%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 73.91g (24.64%), Net Carbohydrates: 72.16g (26.24%), Sugar: 62.19g (69.1%), Cholesterol: 0mg (0%), Sodium: 190.36mg (8.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin C: 68.88mg (83.49%), Manganese: 0.35mg (17.28%), Vitamin B1: 0.13mg (8.61%), Folate: 34.42µg (8.61%), Iron: 1.38mg (7.65%), Calcium: 75.83mg (7.58%), Fiber: 1.74g (6.97%), Potassium: 229.44mg (6.56%), Copper: 0.12mg (6.05%), Magnesium: 20.97mg (5.24%), Vitamin B2: 0.08mg (4.66%), Vitamin B3: 0.92mg (4.59%), Vitamin B6: 0.08mg (3.91%), Phosphorus:

28.86mg (2.89%), Vitamin E: 0.33mg (2.21%), Zinc: 0.31mg (2.1%), Vitamin B5: 0.21mg (2.08%), Vitamin K: 1.78µg (1.69%), Vitamin A: 62.79IU (1.26%), Selenium: 0.81µg (1.16%)