



Sunrise Punch



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



108 kcal

BEVERAGE

DRINK

Ingredients

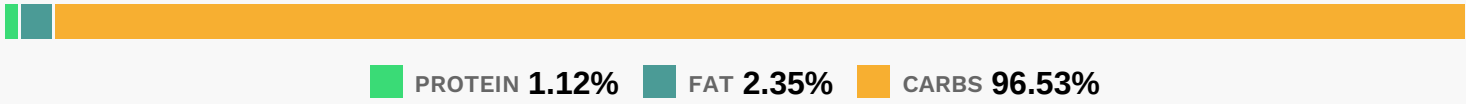
- ☐ 11.5 ounce all-natural apricot nectar canned
- ☐ 2 cups cranberry juice cocktail
- ☐ 24 ounce ginger ale canned
- ☐ 9 slices lime
- ☐ 0.5 cup juice of lime fresh (4 large limes)
- ☐ 2 cups pineapple juice

Equipment

Directions

- ☐ Combine first 5 ingredients in a large pitcher; cover and chill.
- ☐ Add ginger ale just before serving; stir gently.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:11.81, Inflammation Score:-5, Nutrition Score:4.8691304714783%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 107.81kcal (5.39%), Fat: 0.29g (0.45%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 26.9g (9.78%), Sugar: 23.53g (26.15%), Cholesterol: 0mg (0%), Sodium: 10.65mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.63%), Vitamin C: 44.11mg (53.47%), Manganese: 0.32mg (15.76%), Vitamin A: 491.06IU (9.82%), Vitamin B1: 0.06mg (3.72%), Vitamin B6: 0.07mg (3.57%), Potassium: 117.83mg (3.37%), Copper: 0.07mg (3.33%), Folate: 11.23µg (2.81%), Magnesium: 10.56mg (2.64%), Iron: 0.41mg (2.27%), Vitamin E: 0.31mg (2.1%), Calcium: 16.97mg (1.7%), Vitamin K: 1.24µg (1.18%), Vitamin B5: 0.11mg (1.12%), Vitamin B2: 0.02mg (1.1%), Vitamin B3: 0.2mg (1.01%)