



## Sunset Punch

READY IN



185 min.

SERVINGS



5

CALORIES



212 kcal

BEVERAGE

DRINK

### Ingredients

- 1 L ginger ale chilled
- 5 servings cracked ice
- 1 cup tang orange flavor drink mix
- 1.5 cups pineapple juice cold

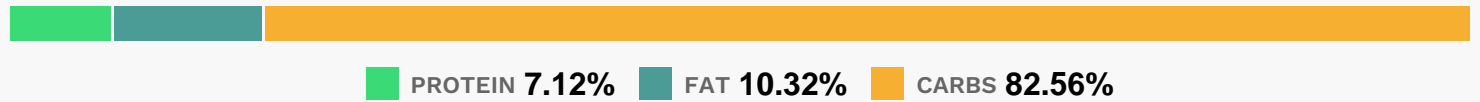
### Equipment

- bowl

### Directions

- Pour pineapple juice into punch bowl.
- Add drink mix; stir until completely dissolved.
- Refrigerate several hours or until chilled.
- Stir in ginger ale just before serving.
- Add ice cubes.

## Nutrition Facts



## Properties

Glycemic Index:21.8, Glycemic Load:15.14, Inflammation Score:-2, Nutrition Score:6.2717391563498%

## Nutrients (% of daily need)

Calories: 212.35kcal (10.62%), Fat: 2.46g (3.79%), Saturated Fat: 1.2g (7.48%), Carbohydrates: 44.39g (14.8%), Net Carbohydrates: 44.22g (16.08%), Sugar: 36.73g (40.81%), Cholesterol: 6mg (2%), Sodium: 119.43mg (5.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.65%), Manganese: 0.44mg (22.1%), Vitamin B2: 0.24mg (14.4%), Vitamin B1: 0.17mg (11.15%), Phosphorus: 95.16mg (9.52%), Vitamin C: 7.8mg (9.46%), Calcium: 91.37mg (9.14%), Vitamin B6: 0.17mg (8.66%), Magnesium: 34.3mg (8.58%), Potassium: 283.54mg (8.1%), Vitamin B3: 1.45mg (7.26%), Copper: 0.14mg (7.19%), Selenium: 4.37µg (6.24%), Folate: 24.24µg (6.06%), Iron: 0.75mg (4.19%), Vitamin B12: 0.2µg (3.33%), Zinc: 0.43mg (2.87%), Vitamin B5: 0.2mg (1.96%), Vitamin K: 1.56µg (1.49%), Vitamin A: 59.54IU (1.19%)