

Sunshine Punch

READY IN



5 min.

SERVINGS



5

CALORIES



267 kcal

BEVERAGE

DRINK

Ingredients

- 1 liter ginger ale chilled
- 1 env. kool-aid tropical punch flavor drink mix unsweetened
- 2 cups orange juice cold
- 1 cup sugar
- 2 cups water cold

Equipment

Directions

- Place drink mix and sugar in large plastic or glass pitcher.
- Add water and juice; stir until drink mix is completely dissolved.
- Refrigerate until ready to serve.
- Stir in ginger ale just before serving.
- Serve over ice cubes in tall glasses.

Nutrition Facts

PROTEIN 1.04%

FAT 1.12%

CARBS 97.84%

Properties

Glycemic Index:37.02, Glycemic Load:44.2, Inflammation Score:-4, Nutrition Score:4.8834783009699%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 11.85mg, Hesperetin: 11.85mg, Hesperetin: 11.85mg, Hesperetin: 11.85mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 267.33kcal (13.37%), Fat: 0.35g (0.53%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 67.78g (22.59%), Net Carbohydrates: 67.58g (24.57%), Sugar: 66.1g (73.45%), Cholesterol: 0.05mg (0.02%), Sodium: 20.9mg (0.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.45%), Vitamin C: 49.61mg (60.13%), Folate: 29.85µg (7.46%), Vitamin B1: 0.09mg (6.02%), Potassium: 202.71mg (5.79%), Copper: 0.1mg (4.9%), Vitamin A: 198.85IU (3.98%), Magnesium: 14.04mg (3.51%), Iron: 0.58mg (3.22%), Vitamin B2: 0.04mg (2.31%), Manganese: 0.04mg (2.09%), Calcium: 20.73mg (2.07%), Vitamin B3: 0.41mg (2.04%), Vitamin B6: 0.04mg (2.03%), Vitamin B5: 0.19mg (1.9%), Phosphorus: 17.58mg (1.76%), Zinc: 0.16mg (1.1%)