



Tart and Bubbly Wedding Punch



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



132 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 gallon 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 2 liters cranberry ginger ale
- ☐ 4 cups ice cubes crushed
- ☐ 12 ounce pink lemonade concentrate frozen canned
- ☐ 6 ounce pineapple juice concentrate frozen canned

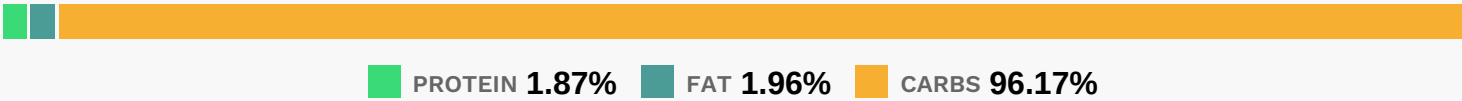
Equipment

- ☐ bowl

Directions

- ☐
- In a large punch bowl, mix lemonade concentrate, pineapple juice concentrate and cranberry juice.
- ☐
- Add ice and slowly pour in the ginger ale.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:15.69, Inflammation Score:-2, Nutrition Score:3.3852173744336%

Nutrients (% of daily need)

Calories: 132.36kcal (6.62%), Fat: 0.31g (0.48%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 34.51g (11.5%), Net Carbohydrates: 34.3g (12.47%), Sugar: 33.5g (37.22%), Cholesterol: 0mg (0%), Sodium: 12.08mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin C: 17.23mg (20.89%), Vitamin E: 1.91mg (12.71%), Vitamin K: 8.09µg (7.71%), Copper: 0.11mg (5.74%), Vitamin B6: 0.09mg (4.6%), Potassium: 141.7mg (4.05%), Iron: 0.58mg (3.21%), Magnesium: 12.53mg (3.13%), Manganese: 0.05mg (2.42%), Phosphorus: 22.06mg (2.21%), Calcium: 18.21mg (1.82%), Vitamin B2: 0.03mg (1.76%), Zinc: 0.22mg (1.44%), Vitamin A: 71.33IU (1.43%), Vitamin B1: 0.02mg (1.41%)