



Téo's Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



137 kcal

BEVERAGE

DRINK

Ingredients

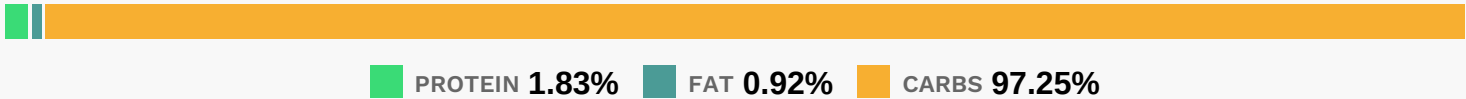
- ☐ 2 cups apple juice
- ☐ 4 cups seltzer water chilled
- ☐ 12 ounce cranberry juice cocktail concentrate undiluted thawed canned
- ☐ 6 ounce orange juice concentrate undiluted thawed canned
- ☐ 12 ounce pineapple rings canned

Equipment

Directions

- ☐ Combine first 4 ingredients; stir until blended.
- ☐ Add soda just before serving.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:4.07, Glycemic Load:2.24, Inflammation Score:-3, Nutrition Score:4.6952174189298%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 136.78kcal (6.84%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 34.39g (11.46%), Net Carbohydrates: 33.61g (12.22%), Sugar: 29.13g (32.37%), Cholesterol: 0mg (0%), Sodium: 24.75mg (1.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin C: 43.89mg (53.2%), Vitamin B1: 0.1mg (6.65%), Potassium: 217.83mg (6.22%), Vitamin B6: 0.1mg (4.77%), Manganese: 0.09mg (4.67%), Magnesium: 16.18mg (4.05%), Folate: 14.8µg (3.7%), Vitamin B2: 0.06mg (3.31%), Copper: 0.06mg (3.24%), Fiber: 0.78g (3.12%), Vitamin B5: 0.29mg (2.85%), Calcium: 24.35mg (2.43%), Vitamin A: 93.54IU (1.87%), Iron: 0.32mg (1.79%), Phosphorus: 17.93mg (1.79%), Vitamin B3: 0.33mg (1.66%), Zinc: 0.19mg (1.26%)