



Tropical Fruit Slush Punch

 Gluten Free  Dairy Free

READY IN



375 min.

SERVINGS



15

CALORIES



67 kcal

BEVERAGE

DRINK

Ingredients

- 8 cups kool-aid tropical punch flavor low calorie drink sugar free divided prepared
- 2 bananas ripe
- 1 liter diet ginger ale chilled
- 1 cup orange juice
- 1 cup pineapple juice
- 10 oz strawberries unsweetened frozen

Equipment

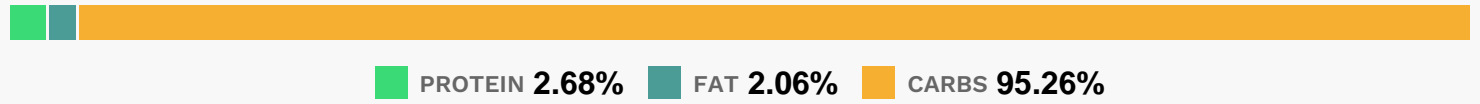
- food processor

- bowl
- blender

Directions

- Place 1 cup of the prepared soft drink, strawberries, bananas, orange and pineapple juices in blender or food processor container; cover. Blend about 30 seconds or until smooth.
- Pour into 6-cup ring mold. Freeze 5 or 6 hours or overnight until firm.
- Stir remaining prepared soft drink and ginger ale in large punch bowl. Dip frozen ring mold in warm water, just to rim, for about 20 seconds to loosen. Float ring in punch bowl.

Nutrition Facts



Properties

Glycemic Index:17.05, Glycemic Load:7.63, Inflammation Score:-2, Nutrition Score:3.5821738800277%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.7mg, Pelargonidin: 4.7mg, Pelargonidin: 4.7mg, Pelargonidin: 4.7mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 66.98kcal (3.35%), Fat: 0.16g (0.25%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 16.74g (5.58%), Net Carbohydrates: 15.89g (5.78%), Sugar: 11.72g (13.02%), Cholesterol: 0mg (0%), Sodium: 37.56mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin C: 22.32mg (27.06%), Manganese: 0.21mg (10.28%), Calcium: 95.09mg (9.51%), Magnesium: 19.61mg (4.9%), Vitamin B6: 0.09mg (4.45%), Potassium:

139.43mg (3.98%), Folate: 15.47µg (3.87%), Fiber: 0.85g (3.41%), Copper: 0.05mg (2.57%), Vitamin B1: 0.03mg (2.23%), Iron: 0.32mg (1.78%), Vitamin B2: 0.02mg (1.41%), Vitamin B3: 0.28mg (1.38%), Phosphorus: 12.07mg (1.21%), Vitamin B5: 0.12mg (1.16%)