

Tropical Punch

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



168 kcal

BEVERAGE

DRINK

Ingredients

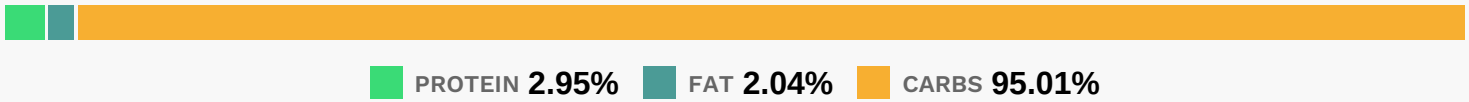
- ☐ 4 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 5 cups ginger ale
- ☐ 1 optional: lemon
- ☐ 2 limes
- ☐ 2 cups orange juice
- ☐ 12 ounce pineapple juice concentrate frozen canned
- ☐ 5 cups seltzer

Equipment

Directions

Place 1 12-oz. can frozen pineapple juice concentrate (thawed) in a large pitcher; pour in 5 cups seltzer and 5 cups ginger ale. Stir vigorously until well blended. Stir in 4 cups cranberry juice and 2 cups orange juice; mix well. Scrub 1 lemon and 2 limes, then thinly slice. Just before serving, add sliced lemon and limes to pitcher and pour punch over ice.

Nutrition Facts



Properties

Glycemic Index:34.31, Glycemic Load:23.12, Inflammation Score:-5, Nutrition Score:7.8695652147998%

Flavonoids

Eriodictyol: 2.99mg, Eriodictyol: 2.99mg, Eriodictyol: 2.99mg, Eriodictyol: 2.99mg Hesperetin: 18.38mg, Hesperetin: 18.38mg, Hesperetin: 18.38mg, Hesperetin: 18.38mg Naringenin: 1.97mg, Naringenin: 1.97mg, Naringenin: 1.97mg, Naringenin: 1.97mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 167.72kcal (8.39%), Fat: 0.41g (0.64%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 43.29g (14.43%), Net Carbohydrates: 42.11g (15.31%), Sugar: 38.51g (42.78%), Cholesterol: 0mg (0%), Sodium: 45.98mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.69%), Vitamin C: 59.05mg (71.57%), Manganese: 0.25mg (12.45%), Vitamin E: 1.61mg (10.72%), Potassium: 316.83mg (9.05%), Copper: 0.18mg (8.88%), Folate: 30.34µg (7.59%), Vitamin B6: 0.15mg (7.56%), Vitamin B1: 0.1mg (6.82%), Vitamin K: 6.74µg (6.42%), Magnesium: 24.55mg (6.14%), Iron: 1.03mg (5.74%), Fiber: 1.18g (4.73%), Calcium: 43.32mg (4.33%), Vitamin A: 194.4IU (3.89%), Phosphorus: 35.56mg (3.56%), Vitamin B2: 0.06mg (3.31%), Zinc: 0.45mg (3.02%), Vitamin B3: 0.49mg (2.47%), Vitamin B5: 0.2mg (2.04%)