



Tropical punch cups



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



78 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 pineapple fresh cut into chunks
- ☐ 2 mangos peeled cut into chunks
- ☐ 2 star fruit sliced
- ☐ 150 ml fruit cocktail in juice (or other tropical fruit juice)
- ☐ 50 ml prepare as

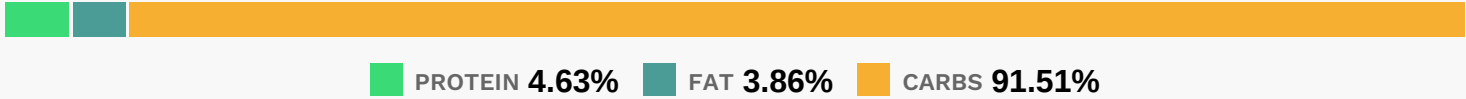
Equipment

- ☐ bowl

Directions

☐ Mix together all the fruit in a large bowl with the guava juice, then chill until ready to serve. At the last minute, pour over the ginger beer and serve with small cups or bowls on the side for spooning the drinks and fruit into.

Nutrition Facts



Properties

Glycemic Index:31.27, Glycemic Load:9.03, Inflammation Score:-6, Nutrition Score:7.5926086384317%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 77.54kcal (3.88%), Fat: 0.37g (0.56%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 17.17g (6.25%), Sugar: 16.01g (17.79%), Cholesterol: 0mg (0%), Sodium: 2.76mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.97%), Vitamin C: 53.88mg (65.31%), Manganese: 0.58mg (29.04%), Vitamin A: 606.82IU (12.14%), Fiber: 2.3g (9.18%), Folate: 35.16µg (8.79%), Copper: 0.15mg (7.72%), Vitamin B6: 0.13mg (6.62%), Potassium: 198.76mg (5.68%), Vitamin B1: 0.07mg (4.43%), Magnesium: 15.28mg (3.82%), Vitamin B3: 0.73mg (3.63%), Vitamin E: 0.51mg (3.42%), Vitamin B5: 0.32mg (3.21%), Vitamin B2: 0.04mg (2.63%), Vitamin K: 2.57µg (2.45%), Iron: 0.3mg (1.67%), Phosphorus: 15.88mg (1.59%), Calcium: 15.49mg (1.55%)