



Vanilla Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



1000 kcal

BEVERAGE

DRINK

Ingredients



2 tablespoons almond extract



2 tablespoons clear imitation vanilla extract



2 cups water



5 cups sugar white

Equipment



bowl



sauce pan

Directions

- ☐
- In a saucepan over medium heat, combine sugar and water. Cook, stirring frequently, until sugar is dissolved. Stir in vanilla and almond extract. Cool, and refrigerate.
- ☐
- To serve: In a punch bowl with ice, mix 1 cup syrup with 2 liters ginger ale or lemon-lime soda.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:174.53, Inflammation Score:2, Nutrition Score:0.60304347960197%

Nutrients (% of daily need)

Calories: 999.94kcal (50%), Fat: 0.81g (1.24%), Saturated Fat: 0g (0.01%), Carbohydrates: 250.64g (83.55%), Net Carbohydrates: 250.64g (91.14%), Sugar: 251.14g (279.05%), Cholesterol: 0mg (0%), Sodium: 9.58mg (0.42%), Alcohol: 4.47g (100%), Alcohol %: 1.49% (100%), Protein: 0.01g (0.02%), Vitamin B2: 0.06mg (3.52%), Copper: 0.05mg (2.29%), Selenium: 1.5µg (2.14%), Manganese: 0.04mg (1.99%)