



Virgin Island Punch from Slightly Oliver



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



40

CALORIES



111 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 25 ounces sports drink with white grape
- ☐ 10 ounces juice of lime freshly squeezed
- ☐ 40 servings blueberries fresh
- ☐ 8.5 ounces simple syrup glaze
- ☐ 2 pounds strawberries
- ☐ 0.3 teaspoon vanilla extract

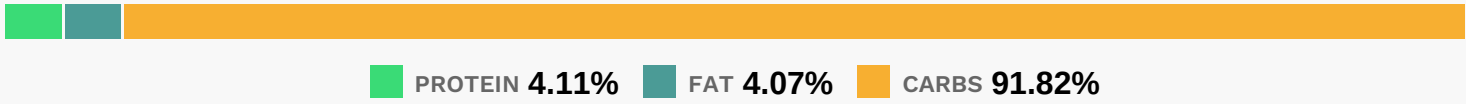
Equipment

- ☐ blender

Directions

- ☐ Combine aloe vera juice and strawberries in a blender, pulse until pureed.
- ☐ Strain the blended mixture, then stir in lime juice, simple syrup, and vanilla.
- ☐ Serve with fresh raspberries and blueberries.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:7.68, Inflammation Score:-5, Nutrition Score:7.1573912073737%

Flavonoids

Cyanidin: 12.9mg, Cyanidin: 12.9mg, Cyanidin: 12.9mg, Cyanidin: 12.9mg Petunidin: 46.69mg, Petunidin: 46.69mg, Petunidin: 46.69mg, Petunidin: 46.69mg Delphinidin: 52.51mg, Delphinidin: 52.51mg, Delphinidin: 52.51mg, Delphinidin: 52.51mg Malvidin: 100.04mg, Malvidin: 100.04mg, Malvidin: 100.04mg, Malvidin: 100.04mg Pelargonidin: 5.64mg, Pelargonidin: 5.64mg, Pelargonidin: 5.64mg, Pelargonidin: 5.64mg Peonidin: 30.04mg, Peonidin: 30.04mg, Peonidin: 30.04mg, Peonidin: 30.04mg Catechin: 8.53mg, Catechin: 8.53mg, Catechin: 8.53mg, Catechin: 8.53mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg 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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg Quercetin: 11.64mg, Quercetin: 11.64mg, Quercetin: 11.64mg, Quercetin: 11.64mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 110.87kcal (5.54%), Fat: 0.56g (0.86%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 28.51g (9.5%), Net Carbohydrates: 24.47g (8.9%), Sugar: 20.38g (22.65%), Cholesterol: 0mg (0%), Sodium: 9.85mg (0.43%), Alcohol: 0.01g (100%), Alcohol %: 0.01% (100%), Protein: 1.28g (2.55%), Vitamin C: 29.82mg (36.14%), Manganese: 0.59mg (29.31%), Vitamin K: 29.11µg (27.72%), Fiber: 4.03g (16.14%), Vitamin E: 0.93mg (6.17%), Copper: 0.1mg (4.92%), Vitamin B1: 0.07mg (4.65%), Potassium: 160.78mg (4.59%), Vitamin B6: 0.09mg (4.52%), Vitamin B2: 0.07mg (4.14%), Iron: 0.73mg (4.06%), Folate: 15.03µg (3.76%), Vitamin B3: 0.72mg (3.61%), Magnesium: 14.2mg (3.55%),

Calcium: 26.28mg (2.63%), Phosphorus: 24.68mg (2.47%), Vitamin B5: 0.22mg (2.21%), Zinc: 0.29mg (1.9%),
Vitamin A: 86.19IU (1.72%)