



Apple Bobbing Punch

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



220 kcal

BEVERAGE

DRINK

Ingredients

- 32 ounce apple cider
- 32 ounce 1/4 cup dried cranberry (juice sweetened if possible)
- 1 liter ginger ale chilled soft
- 6 ounce lemonade concentrate frozen thawed canned
- 6 ounce orange juice concentrate frozen thawed canned
- 16 ounce frangelico whole undrained
- 16 ounce frangelico whole undrained

Equipment

Directions

- Stir together first 5 ingredients. Chill. Stir in ginger ale just before serving.
- Serve over ice.

Nutrition Facts



Properties

Glycemic Index:19.97, Glycemic Load:19.69, Inflammation Score:-4, Nutrition Score:6.2117391824722%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 219.86kcal (10.99%), Fat: 0.5g (0.76%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 55.67g (18.56%), Net Carbohydrates: 55.05g (20.02%), Sugar: 51.5g (57.23%), Cholesterol: 0mg (0%), Sodium: 18.51mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.23%), Vitamin C: 45.18mg (54.77%), Vitamin E: 1.52mg (10.13%), Potassium: 352.14mg (10.06%), Vitamin B6: 0.14mg (6.95%), Vitamin B1: 0.1mg (6.45%), Copper: 0.11mg (5.69%), Magnesium: 22.65mg (5.66%), Manganese: 0.11mg (5.65%), Vitamin K: 5.91µg (5.63%), Folate: 18.99µg (4.75%), Vitamin B2: 0.08mg (4.52%), Iron: 0.73mg (4.07%), Phosphorus: 37.14mg (3.71%), Calcium: 31.45mg (3.15%), Vitamin A: 132.75IU (2.65%), Fiber: 0.62g (2.47%), Vitamin B3: 0.44mg (2.21%), Vitamin B5: 0.2mg (1.99%), Zinc: 0.24mg (1.61%)