

## Black Halloween Punch

READY IN



60 min.

SERVINGS



8

CALORIES



237 kcal

BEVERAGE

DRINK

### Ingredients

- 1 liter ginger ale
- 0.1 ounce orange drink mix unsweetened soft
- 3 quarts water cold
- 2 cups sugar white

### Equipment

- bowl

### Directions

- To make a frozen hand, wash a disposable glove, fill with water, seal with a rubber band and freeze until hard.
- Stir together grape soft drink mix, orange soft drink mix, sugar and water until solids are dissolved.
- Combine with chilled ginger ale just before serving. Dip the frozen hand briefly in warm water, then peel off the glove. Float the prepared hand in the punch bowl for a ghastly effect.

## Nutrition Facts

**PROTEIN 0.11%** **FAT 0.74%** **CARBS 99.15%**

### Properties

Glycemic Index:16.64, Glycemic Load:41.79, Inflammation Score:1, Nutrition Score:0.54913042469517%

### Nutrients (% of daily need)

Calories: 236.87kcal (11.84%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 61.05g (20.35%), Net Carbohydrates: 61.05g (22.2%), Sugar: 61.22g (68.02%), Cholesterol: 0.11mg (0.04%), Sodium: 28.84mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.13%), Copper: 0.08mg (4.18%), Calcium: 16.26mg (1.63%), Iron: 0.25mg (1.4%), Magnesium: 5.22mg (1.31%)