



Blood-Bath Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



1540 kcal

BEVERAGE

DRINK

Ingredients

- 1 bottle cranberry juice cocktail
- 3 tablespoons juice of lime fresh
- 1 quart orange juice chilled
- 3 cranberry-orange relish
- 0.5 cup triple sec
- 1 cup vodka chilled

Equipment

- bowl

Directions

- Cut 3 oranges into 1/2-inch wedges; freeze. (Try blood oranges!) In a large pitcher or punch bowl, mix 1 (64 oz.) bottle cranberry juice cocktail, 1 quart chilled orange juice, 1 cup chilled vodka, 1/2 cup triple sec and 3 Tbsp. fresh lime juice.
- Serve with frozen orange wedges.
- Serves

Nutrition Facts

PROTEIN 5.22% **FAT 3.04%** **CARBS 91.74%**

Properties

Glycemic Index:169.5, Glycemic Load:65.98, Inflammation Score:-10, Nutrition Score:32.276956594509%

Flavonoids

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 2.59mg, Eriodictyol: 2.59mg, Eriodictyol: 2.59mg, Eriodictyol: 2.59mg Hesperetin: 224.22mg, Hesperetin: 224.22mg, Hesperetin: 224.22mg, Hesperetin: 224.22mg Naringenin: 80.63mg, Naringenin: 80.63mg, Naringenin: 80.63mg, Naringenin: 80.63mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 1540.2kcal (77.01%), Fat: 2.75g (4.23%), Saturated Fat: 0.41g (2.59%), Carbohydrates: 186.71g (62.24%), Net Carbohydrates: 175.21g (63.71%), Sugar: 155.11g (172.35%), Cholesterol: 0mg (0%), Sodium: 22.22mg (0.97%), Alcohol: 110.84g (100%), Alcohol %: 8.06% (100%), Caffeine: 30.68mg (10.23%), Protein: 10.63g (21.25%), Vitamin C: 696.18mg (843.85%), Folate: 406.31µg (101.58%), Vitamin B1: 1.22mg (81.44%), Potassium: 2694.63mg (76.99%), Vitamin A: 2799.54IU (55.99%), Fiber: 11.5g (46.02%), Magnesium: 150.55mg (37.64%), Copper: 0.68mg (33.83%), Vitamin B6: 0.63mg (31.57%), Vitamin B5: 2.84mg (28.36%), Vitamin B2: 0.48mg (28.17%), Calcium: 268.81mg (26.88%), Vitamin B3: 5.13mg (25.64%), Phosphorus: 241.29mg (24.13%), Iron: 2.42mg (13.46%), Manganese: 0.26mg (12.97%), Vitamin E: 1.19mg (7.91%), Zinc: 0.82mg (5.47%), Selenium: 3.31µg (4.73%), Vitamin K: 1.23µg (1.17%)