



Bloody-Good Cranberry Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



8

CALORIES



136 kcal

BEVERAGE

DRINK

Ingredients



2 cups seltzer water chilled



64 oz cranberry juice cocktail chilled



1 cup orange juice chilled

Equipment

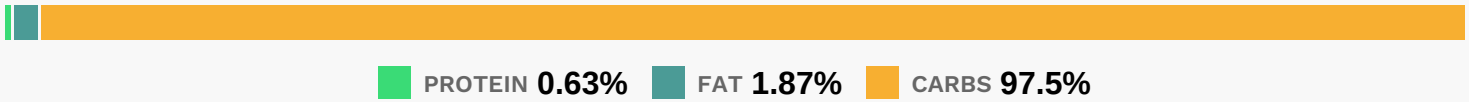


bowl

Directions

Pour ingredients into punch bowl and serve.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:20.01, Inflammation Score:-5, Nutrition Score:5.7813043620275%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.93mg, Peonidin: 0.93mg, Peonidin: 0.93mg, Peonidin: 0.93mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 136.42kcal (6.82%), Fat: 0.29g (0.44%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 33.84g (11.28%), Net Carbohydrates: 33.78g (12.28%), Sugar: 29.59g (32.88%), Cholesterol: 0mg (0%), Sodium: 17.27mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.43%), Vitamin C: 111.43mg (135.07%), Manganese: 0.11mg (5.69%), Vitamin E: 0.51mg (3.41%), Potassium: 94.93mg (2.71%), Folate: 9.3µg (2.33%), Vitamin K: 2.3µg (2.19%), Copper: 0.04mg (1.99%), Vitamin B1: 0.03mg (1.86%), Vitamin B5: 0.18mg (1.77%), Iron: 0.29mg (1.64%), Vitamin A: 80.14IU (1.6%), Magnesium: 6.27mg (1.57%), Calcium: 13.17mg (1.32%), Vitamin B3: 0.22mg (1.08%)