



Booze-Free Cranberry Orange Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



64 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 cranberries
- ☐ 8 servings ice cubes for garnish
- ☐ 2 cups orange juice freshly squeezed
- ☐ 2 cups raspberries frozen
- ☐ 1 cup raspberries
- ☐ 2 tablespoons sugar
- ☐ 8 servings water

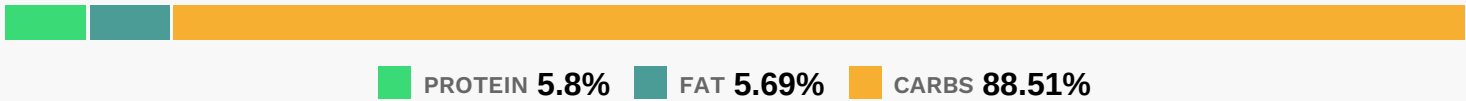
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ ice cube tray

Directions

- ☐ Make Cranberry Ice Cubes: Fill each section of an ice cube tray halfway with water.
- ☐ Add a cranberry or two to each section. Put in freezer until almost frozen, about 2 hours. Fill sections to brim with water and freeze until solid.
- ☐ Let frozen raspberries come to room temperature. Puree in a food processor until smooth.
- ☐ Mix in 1 tablespoon of sugar. Set aside.
- ☐ Make Punch: In a large punch bowl, whisk together orange juice, cranberry juice, and 1 tablespoon of sugar until sugar is dissolved.
- ☐ Add raspberry puree and whisk until combined. Just before serving, add seltzer to punch bowl and garnish with cranberry ice cubes.

Nutrition Facts



Properties

Glycemic Index:27.39, Glycemic Load:6.07, Inflammation Score:-4, Nutrition Score:5.9491303945365%

Flavonoids

Cyanidin: 21.29mg, Cyanidin: 21.29mg, Cyanidin: 21.29mg, Cyanidin: 21.29mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.71mg, Delphinidin: 0.71mg, Delphinidin: 0.71mg, Delphinidin: 0.71mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.45mg, Pelargonidin: 0.45mg, Pelargonidin: 0.45mg, Pelargonidin: 0.45mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 63.54kcal (3.18%), Fat: 0.43g (0.66%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 14.97g (4.99%), Net Carbohydrates: 11.87g (4.32%), Sugar: 10.26g (11.39%), Cholesterol: 0mg (0%), Sodium: 15.76mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Vitamin C: 43mg (52.12%), Manganese: 0.32mg (15.79%), Fiber: 3.1g (12.41%), Folate: 28.07µg (7.02%), Copper: 0.12mg (5.78%), Potassium: 193.21mg (5.52%), Magnesium: 19.74mg (4.93%), Vitamin B1: 0.07mg (4.69%), Vitamin K: 3.65µg (3.47%), Vitamin E: 0.44mg (2.91%), Vitamin A: 139.75IU (2.8%), Vitamin B5: 0.27mg (2.7%), Calcium: 27mg (2.7%), Vitamin B3: 0.52mg (2.59%), Vitamin B6: 0.05mg (2.52%), Iron: 0.44mg (2.44%), Phosphorus: 23.75mg (2.38%), Vitamin B2: 0.04mg (2.15%), Zinc: 0.25mg (1.67%)