

Candy Apple Punch



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



52 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 cups apples
- ☐ 6 oz limeade concentrate thawed canned
- ☐ 15 cinnamon candies hard
- ☐ 3 cups water

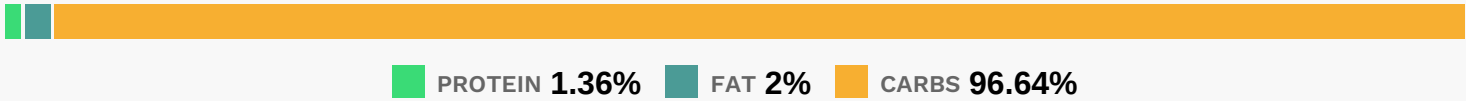
Equipment

- ☐ dutch oven

Directions

- ☐ Combine all ingredients in a large pitcher. Cover and chill 8 hours or until candies are dissolved.
- ☐ Pour mixture into a large Dutch oven and cook over medium heat until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:2.74, Inflammation Score:-1, Nutrition Score:1.2721739134387%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.65mg, Epicatechin: 5.65mg, Epicatechin: 5.65mg, Epicatechin: 5.65mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 52.24kcal (2.61%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 12.07g (4.39%), Sugar: 11.08g (12.31%), Cholesterol: 0mg (0%), Sodium: 4.81mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.39%), Fiber: 1.8g (7.2%), Vitamin C: 3.98mg (4.82%), Potassium: 81.95mg (2.34%), Copper: 0.03mg (1.72%), Vitamin B6: 0.03mg (1.57%), Vitamin K: 1.65µg (1.57%), Manganese: 0.03mg (1.32%), Magnesium: 4.8mg (1.2%), Vitamin B2: 0.02mg (1.18%)