



Cape Codder Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



12

CALORIES



161 kcal

BEVERAGE

DRINK

Ingredients

- 48 oz cranberry juice cocktail
- 1 liter ginger ale chilled
- 12 servings ice cubes
- 0.3 cup juice of lime sweetened
- 12 servings garnish: cranberries and lime wedges on swizzle sticks fresh
- 1.5 cups vodka

Equipment

Directions

- Stir together first 3 ingredients. Stir in ginger ale just before serving.
- Serve over ice.
- Garnish, if desired.
- Note: For testing purposes only, we used Rose's West India Sweetened Lime Juice.

Nutrition Facts

PROTEIN 0.15% **FAT 1.15%** **CARBS 98.7%**

Properties

Glycemic Index:14.17, Glycemic Load:13.8, Inflammation Score:-3, Nutrition Score:3.3386955824883%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.46mg, Peonidin: 0.46mg, Peonidin: 0.46mg, Peonidin: 0.46mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 160.78kcal (8.04%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 23.26g (7.75%), Net Carbohydrates: 23.21g (8.44%), Sugar: 21.02g (23.36%), Cholesterol: 0mg (0%), Sodium: 11.34mg (0.49%), Alcohol: 10.02g (100%), Alcohol %: 4.38% (100%), Protein: 0.04g (0.07%), Vitamin C: 50.28mg (60.94%), Manganese: 0.07mg (3.33%), Copper: 0.04mg (2.04%), Vitamin E: 0.27mg (1.78%), Iron: 0.28mg (1.54%), Vitamin K: 1.18µg (1.12%)