



Christmas Punch

 Vegetarian

READY IN



35 min.

SERVINGS



7

CALORIES



188 kcal

BEVERAGE

DRINK

Ingredients

- 1 cinnamon sticks
- 1 env. kool-aid aguas frescas jamaica flavor drink mix unsweetened
- 0.3 cup planters pecans chopped
- 6 prune- cut to pieces
- 0.5 cup raisins
- 1 cup sugar
- 8 cups water

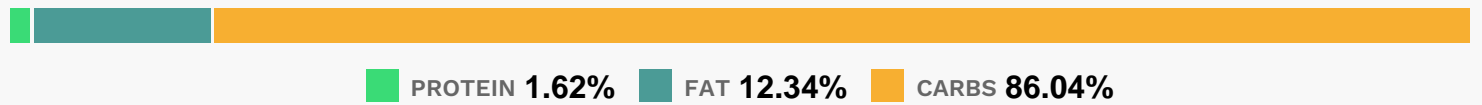
Equipment

sauce pan

Directions

- Combine water, sugar, raisins and prunes in saucepan.
- Add cinnamon stick. Bring to boil on medium-high heat; simmer on medium-low heat 20 min.
- Strain liquid into pitcher; discard strained solids.
- Add drink mix to pitcher; stir until dissolved.
- Place nuts in 7 punch cups. Fill with warm punch just before serving.

Nutrition Facts



Properties

Glycemic Index:24.7, Glycemic Load:25.74, Inflammation Score:-1, Nutrition Score:2.8943478654584%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 187.51kcal (9.38%), Fat: 2.75g (4.22%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 43.06g (14.35%), Net Carbohydrates: 41.14g (14.96%), Sugar: 32g (35.55%), Cholesterol: 0.03mg (0.01%), Sodium: 17.5mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Manganese: 0.3mg (15.06%), Fiber: 1.92g (7.67%), Copper: 0.14mg (7.25%), Vitamin K: 5.39µg (5.13%), Potassium: 166.49mg (4.76%), Magnesium: 14.04mg (3.51%), Iron: 0.49mg (2.75%), Vitamin B2: 0.05mg (2.73%), Vitamin B1: 0.04mg (2.68%), Phosphorus: 24.31mg (2.43%), Calcium: 22.89mg (2.29%), Vitamin B6: 0.05mg (2.29%), Zinc: 0.26mg (1.71%), Vitamin B3: 0.33mg (1.66%), Vitamin A: 70.72IU (1.41%)