



Cinnamon Cranberry Punch

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



32

CALORIES



62 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup water
- 0.3 cup cinnamon candies red
- 0.3 cup sugar
- 46 oz pineapple rings chilled canned
- 2 liter coca-cola chilled flavored
- 1 serving ice cubes
- 1 cup cranberries fresh thawed ()
- 1 sticks cinnamon

Equipment

- bowl
- sauce pan

Directions

- In 1-quart saucepan, mix water, candies and sugar.
- Heat to boiling over medium-high heat, stirring constantly. Reduce heat to medium-low; simmer uncovered until candy is dissolved, stirring constantly. Cool completely, about 30 minutes. Refrigerate, if desired.
- In punch bowl, mix syrup mixture and pineapple juice. Just before serving, stir in carbonated beverage.
- Serve over ice.
- Garnish with cranberries and cinnamon sticks.

Nutrition Facts

PROTEIN 1.64% **FAT 0.92%** **CARBS 97.44%**

Properties

Glycemic Index:5.72, Glycemic Load:4.97, Inflammation Score:-1, Nutrition Score:1.1430434652645%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.54mg, Peonidin: 1.54mg, Peonidin: 1.54mg, Peonidin: 1.54mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 61.86kcal (3.09%), Fat: 0.07g (0.1%), Saturated Fat: 0g (0.02%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 15.39g (5.59%), Sugar: 14.64g (16.27%), Cholesterol: 0mg (0%), Sodium: 3.26mg (0.14%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Caffeine: 4.99mg (1.66%), Protein: 0.27g (0.54%), Vitamin C: 4.27mg (5.18%), Vitamin B1: 0.04mg (2.8%), Fiber: 0.7g (2.8%), Copper: 0.05mg (2.37%), Vitamin B6: 0.03mg (1.63%), Magnesium: 6.42mg (1.61%), Manganese: 0.03mg (1.58%), Potassium: 54.78mg (1.57%), Iron: 0.2mg (1.11%)