



## Cinnamon Cranberry Punch

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

READY IN



40 min.

SERVINGS



32

CALORIES



64 kcal

BEVERAGE

DRINK

### Ingredients

- 1 sticks cinnamon
- 1 cup cranberries fresh thawed ()
- 32 servings ice cubes
- 2 liter lemon lime soda chilled flavored
- 46 oz pineapple rings chilled canned
- 0.3 cup cinnamon candies red
- 0.3 cup sugar
- 0.5 cup water

## 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 1.66%** **FAT 0.73%** **CARBS 97.61%**

## Properties

Glycemic Index:3.75, Glycemic Load:1.21, Inflammation Score:-1, Nutrition Score:1.1347825906199%

## 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: 64.35kcal (3.22%), Fat: 0.06g (0.08%), Saturated Fat: 0g (0.02%), Carbohydrates: 16.62g (5.54%), Net Carbohydrates: 15.92g (5.79%), Sugar: 15.4g (17.11%), Cholesterol: 0mg (0%), Sodium: 9.72mg (0.42%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Caffeine: 9.35mg (3.12%), Protein: 0.28g (0.57%), Vitamin C: 4.27mg (5.18%), Vitamin B1: 0.04mg (2.8%), Fiber: 0.7g (2.8%), Copper: 0.06mg (2.77%), Magnesium: 7.59mg (1.9%), Vitamin B6: 0.03mg (1.63%), Potassium: 54.16mg (1.55%), Manganese: 0.03mg (1.52%), Calcium: 10.92mg (1.09%)