



Cranberry-Apple Cider Punch



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



20

CALORIES



69 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups apple cider chilled
- ☐ 2 cups cranberry juice cocktail chilled
- ☐ 2 cups ginger ale chilled
- ☐ 12 oz orange juice concentrate frozen thawed canned
- ☐ 1 serving cranberries frozen
- ☐ 1 serving orange zest

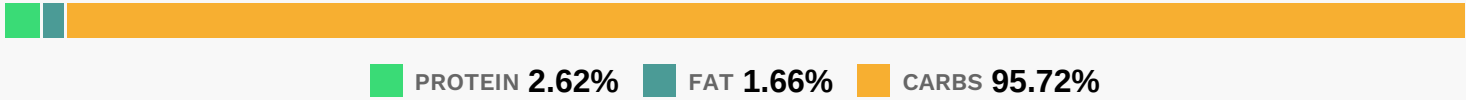
Equipment

- ☐ bowl

Directions

- ☐ In 4-quart container, stir together cider, cranberry juice, ginger ale and orange juice concentrate. Refrigerate until serving time.
- ☐ Just before serving, pour punch into punch bowl.
- ☐ Garnish with cranberries and orange peel curls.

Nutrition Facts



Properties

Glycemic Index:10.44, Glycemic Load:5.49, Inflammation Score:-2, Nutrition Score:3.4069565625294%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 69.18kcal (3.46%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 16.96g (5.65%), Net Carbohydrates: 16.63g (6.05%), Sugar: 14.71g (16.34%), Cholesterol: 0mg (0%), Sodium: 5.26mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.93%), Vitamin C: 36.61mg (44.38%), Potassium: 159.75mg (4.56%), Vitamin B1: 0.06mg (3.83%), Folate: 13.28µg (3.32%), Manganese: 0.06mg (2.92%), Vitamin B6: 0.05mg (2.69%), Vitamin B2: 0.04mg (2.26%), Magnesium: 8.94mg (2.23%), Phosphorus: 14.06mg (1.41%), Vitamin A: 69.51IU (1.39%), Vitamin B5: 0.13mg (1.35%), Fiber: 0.33g (1.32%), Calcium: 12.68mg (1.27%), Vitamin B3: 0.24mg (1.18%), Copper: 0.02mg (1.15%), Vitamin E: 0.16mg (1.1%), Iron: 0.19mg (1.03%)