

Cranberry Brunch Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



139 kcal

BEVERAGE

DRINK

Ingredients

- 1 teaspoon almond extract
- 4 cups 1/4 cup dried cranberry (juice sweetened if possible)
- 0.5 cup juice of lemon
- 2 cups orange juice
- 1 cup pineapple juice
- 0.3 cup sugar
- 0.5 cup water

Equipment

Directions

In a large container, combine all of the ingredients; stir until sugar is dissolved. Refrigerate until serving.

Nutrition Facts

PROTEIN 2.93% **FAT 2.35%** **CARBS 94.72%**

Properties

Glycemic Index:28.01, Glycemic Load:19.4, Inflammation Score:-4, Nutrition Score:6.4099999575511%

Flavonoids

Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg Hesperetin: 9.62mg, Hesperetin: 9.62mg, Hesperetin: 9.62mg, Hesperetin: 9.62mg Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 138.6kcal (6.93%), Fat: 0.39g (0.6%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 35.09g (11.7%), Net Carbohydrates: 34.74g (12.63%), Sugar: 32.22g (35.8%), Cholesterol: 0mg (0%), Sodium: 4.76mg (0.21%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 1.09g (2.17%), Vitamin C: 51.62mg (62.57%), Vitamin E: 1.57mg (10.48%), Manganese: 0.16mg (8.03%), Potassium: 276.37mg (7.9%), Folate: 28.23µg (7.06%), Vitamin B6: 0.13mg (6.36%), Vitamin K: 6.6µg (6.29%), Copper: 0.12mg (6.15%), Vitamin B1: 0.09mg (5.87%), Magnesium: 19.07mg (4.77%), Vitamin A: 183.32IU (3.67%), Phosphorus: 30.59mg (3.06%), Iron: 0.55mg (3.05%), Vitamin B2: 0.05mg (3.05%), Calcium: 22.27mg (2.23%), Vitamin B3: 0.44mg (2.19%), Vitamin B5: 0.15mg (1.54%), Fiber: 0.36g (1.42%), Zinc: 0.2mg (1.34%)