



Cranberry Lemonade Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



133 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 6 ounce lemonade concentrate frozen thawed canned
- ☐ 0.5 cup sugar
- ☐ 2 cups water
- ☐ 3 cups water

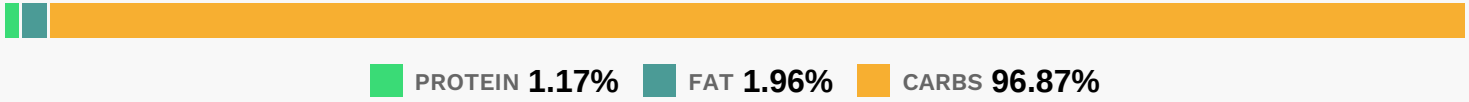
Equipment

- ☐ sauce pan

Directions

- ☐ Combine 2 cups water and sugar in a small saucepan.
- ☐ Place over medium heat, and stir until sugar dissolves. Cool.
- ☐ Combine sugar mixture, lemonade concentrate, cranberry juice, and 3 cups water in a big pitcher. Chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:15.76, Glycemic Load:15.15, Inflammation Score:-1, Nutrition Score:2.0943478196859%

Nutrients (% of daily need)

Calories: 133.44kcal (6.67%), Fat: 0.31g (0.48%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 34.63g (11.54%), Net Carbohydrates: 34.48g (12.54%), Sugar: 33.42g (37.13%), Cholesterol: 0mg (0%), Sodium: 10.9mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.83%), Vitamin C: 11.61mg (14.07%), Vitamin E: 1.16mg (7.72%), Vitamin K: 4.88µg (4.65%), Copper: 0.08mg (3.97%), Vitamin B6: 0.05mg (2.68%), Potassium: 88.61mg (2.53%), Magnesium: 8.66mg (2.16%), Iron: 0.26mg (1.46%), Phosphorus: 13.82mg (1.38%), Calcium: 13.64mg (1.36%), Vitamin B2: 0.02mg (1.14%)