



Cranberry Punch

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 liter ginger ale chilled
- ☐ 16 ounce roasted cranberry sauce canned

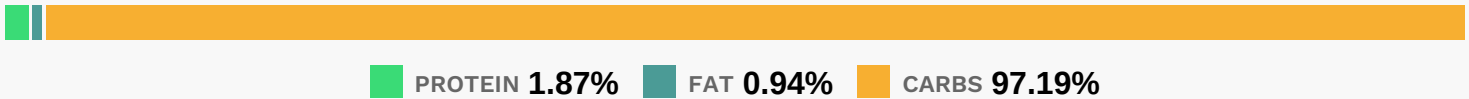
Equipment

- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Bring juice drink and mint to a boil in a saucepan; remove from heat. Cover and let stand 15 minutes.
- ☐ Pour through a strainer into a blender; discard mint.
- ☐ Add cranberry sauce.
- ☐ Process until smooth. Chill 2 hours. Stir in ginger ale just before serving over ice.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:22.33, Inflammation Score:-2, Nutrition Score:4.4234782334255%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 3.06mg, Myricetin: 3.06mg, Myricetin: 3.06mg, Myricetin: 3.06mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 325.03kcal (16.25%), Fat: 0.36g (0.55%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 83.46g (27.82%), Net Carbohydrates: 81.89g (29.78%), Sugar: 73.56g (81.74%), Cholesterol: 0mg (0%), Sodium: 26.43mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Vitamin E: 2.57mg (17.15%), Vitamin C: 13.69mg (16.6%), Vitamin K: 8.04µg (7.66%), Copper: 0.15mg (7.61%), Iron: 1.36mg (7.54%), Manganese: 0.13mg (6.49%), Fiber: 1.57g (6.3%), Vitamin B6: 0.08mg (4.24%), Vitamin A: 210.75IU (4.22%), Potassium: 145.88mg (4.17%), Magnesium: 14.35mg (3.59%), Vitamin B2: 0.05mg (3.13%), Calcium: 27.08mg (2.71%), Phosphorus: 22.81mg (2.28%), Zinc: 0.31mg (2.09%), Vitamin B1: 0.03mg (2.03%), Vitamin B3: 0.27mg (1.36%), Folate: 5.25µg (1.31%), Selenium: 0.83µg (1.18%)