



## Cranberry-Strawberry Margarita Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



18

CALORIES



57 kcal

BEVERAGE

DRINK

### Ingredients

- 6 cups cranberry juice cocktail chilled
- 0.8 cup limeade concentrate frozen (from 6-oz can)
- 0.3 cup orange juice concentrate frozen (from 6-oz can)
- 2 cups water

### Equipment

### Directions

Mix all ingredients in 1-gallon insulated beverage container.

Serve over ice if desired.

## Nutrition Facts

**PROTEIN 0.65%** **FAT 1.46%** **CARBS 97.89%**

### Properties

Glycemic Index:3.33, Glycemic Load:6.83, Inflammation Score:-2, Nutrition Score:2.7608696215827%

### Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

### Nutrients (% of daily need)

Calories: 56.73kcal (2.84%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 14.19g (4.73%), Net Carbohydrates: 14.15g (5.15%), Sugar: 12.57g (13.97%), Cholesterol: 0mg (0%), Sodium: 3.59mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.19%), Vitamin C: 41.71mg (50.56%), Manganese: 0.04mg (2.12%), Vitamin E: 0.21mg (1.39%), Potassium: 37.65mg (1.08%)