



Cranberry Tea Punch

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



20

CALORIES



122 kcal

BEVERAGE

DRINK

Ingredients

- 8 cups 1/4 cup dried cranberry (juice sweetened if possible)
- 2 liters ginger ale or as needed
- 1 cup orange sherbet to taste
- 6 ounce orange juice concentrate frozen undiluted canned
- 4 cups pineapple juice
- 1 cup freshly tea cold brewed

Equipment

- bowl

Directions

☐ Stir cranberry juice, pineapple juice, tea, and orange juice concentrate in a large punch bowl until orange juice is dissolved. Top with ginger ale until bowl is filled. Scoop orange sherbet into punch before serving.

Nutrition Facts

PROTEIN 2.62% FAT 1.52% CARBS 95.86%

Properties

Glycemic Index:10.38, Glycemic Load:15.47, Inflammation Score:-3, Nutrition Score:5.0926087200642%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.69mg, Epicatechin 3-gallate: 0.69mg, Epicatechin 3-gallate: 0.69mg, Epicatechin 3-gallate: 0.69mg Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg Theaflavin: 0.19mg, Theaflavin: 0.19mg, Theaflavin: 0.19mg, Theaflavin: 0.19mg Thearubigins: 9.59mg, Thearubigins: 9.59mg, Thearubigins: 9.59mg, Thearubigins: 9.59mg Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Theaflavin-3,3'-digallate: 0.21mg, Theaflavin-3,3'-digallate: 0.21mg, Theaflavin-3,3'-digallate: 0.21mg, Theaflavin-3,3'-digallate: 0.21mg Theaflavin-3'-gallate: 0.18mg, Theaflavin-3'-gallate: 0.18mg, Theaflavin-3'-gallate: 0.18mg, Theaflavin-3'-gallate: 0.18mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 122.42kcal (6.12%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 31.25g (10.42%), Net Carbohydrates: 30.75g (11.18%), Sugar: 29.2g (32.45%), Cholesterol: 0mg (0%), Sodium: 10.9mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.71%), Vitamin C: 31.25mg (37.88%), Manganese: 0.28mg (14.15%), Vitamin E: 1.29mg (8.61%), Vitamin B6: 0.13mg (6.37%), Potassium: 214.43mg (6.13%), Copper: 0.12mg (5.82%), Vitamin K: 5.34µg (5.08%), Folate: 19.35µg (4.84%), Vitamin B1: 0.07mg (4.51%), Magnesium: 16.96mg (4.24%), Iron: 0.62mg (3.43%), Vitamin B2: 0.05mg (2.84%), Calcium: 24.06mg (2.41%), Phosphorus: 23.5mg (2.35%), Vitamin A: 100.38IU (2.01%), Fiber: 0.5g (1.99%), Vitamin B3: 0.3mg (1.52%), Zinc: 0.23mg (1.5%)