



Cranberry-Wine Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



14

CALORIES



151 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup brandy
- ☐ 28 ounce club soda chilled
- ☐ 48 ounce cranberry juice cocktail chilled
- ☐ 750 milliliter sparkling white wine chilled
- ☐ 10 ounce strawberries frozen thawed
- ☐ 0.5 cup sugar

Equipment

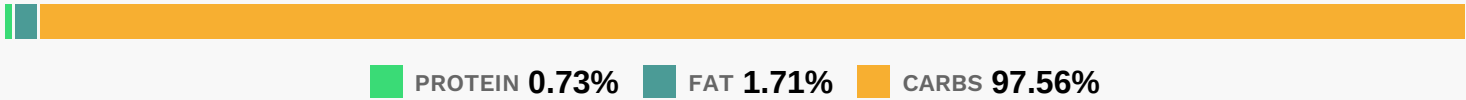
- ☐ bowl

☐ potato masher

Directions

- ☐ Mash strawberries with a potato masher or fork in a large bowl; stir in sugar, brandy, and cranberry juice. Cover and freeze 8 hours.
- ☐ Transfer to a punch bowl; add wine and club soda.

Nutrition Facts



Properties

Glycemic Index:14.29, Glycemic Load:13.53, Inflammation Score:-4, Nutrition Score:4.2739129047031%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 5.06mg, Pelargonidin: 5.06mg, Pelargonidin: 5.06mg, Pelargonidin: 5.06mg Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg 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: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 150.83kcal (7.54%), Fat: 0.18g (0.28%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 22.8g (8.29%), Sugar: 20.21g (22.45%), Cholesterol: 0mg (0%), Sodium: 16.93mg (0.74%), Alcohol: 8.46g (100%), Alcohol %: 4.39% (100%), Protein: 0.17g (0.35%), Vitamin C: 53.02mg (64.27%), Manganese: 0.19mg (9.54%), Potassium: 84.62mg (2.42%), Magnesium: 9.61mg (2.4%), Iron: 0.34mg (1.89%), Vitamin B6: 0.04mg (1.84%), Vitamin E: 0.27mg (1.82%), Fiber: 0.41g (1.62%), Phosphorus: 15.96mg (1.6%), Vitamin K: 1.63µg (1.56%), Calcium: 13.95mg (1.4%), Copper: 0.03mg (1.37%), Folate: 5.4µg (1.35%), Zinc: 0.18mg (1.22%)