



## Firecracker Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



103 kcal

BEVERAGE

DRINK

## Ingredients

- 0.7 cup cinnamon candies red
- 4 cups water
- 6 oz lemonade concentrate frozen thawed canned
- 0.3 cup orange juice concentrate frozen thawed ( ) (from 6-oz can)
- 1 liter ginger ale
- 6 slices orange sections cut in half

## Equipment

- bowl

sauce pan

## Directions

In 1-quart saucepan, cook cinnamon candies and 1 cup of the water over medium-high heat, stirring frequently, until candies are melted; remove from heat. Cool completely, about 30 minutes.

In large punch bowl, stir candy mixture, remaining 3 cups water, the lemonade and orange juice concentrates until well mixed. Refrigerate until ready to serve.

Just before serving, gently stir in ginger ale.

Garnish with orange slices.

## Nutrition Facts



**PROTEIN 0.83%** **FAT 0.99%** **CARBS 98.18%**

## Properties

Glycemic Index:8.79, Glycemic Load:4.61, Inflammation Score:-1, Nutrition Score:1.4591304463861%

## Flavonoids

Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg

## Nutrients (% of daily need)

Calories: 103.26kcal (5.16%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 26.6g (8.87%), Net Carbohydrates: 26.47g (9.63%), Sugar: 24.33g (27.03%), Cholesterol: 0mg (0%), Sodium: 11.31mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.45%), Vitamin C: 13.56mg (16.44%), Folate: 7.22µg (1.8%), Potassium: 61.56mg (1.76%), Copper: 0.03mg (1.72%), Vitamin B1: 0.03mg (1.66%), Magnesium: 5.42mg (1.36%), Vitamin B6: 0.02mg (1.18%), Iron: 0.19mg (1.05%)