

Firecracker Punch

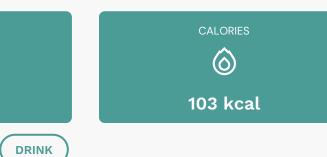
BEVERAGE

READY IN

SERVINGS

45 min.

12



Ingredients

0.7 cup cinnamon candies red

4 cups water

6 oz lemonade concentrate frozen thawed canned

O.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

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: Omg (0%), Sodium: 11.31mg (0.49%), Alcohol: Og (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%)