



Firecracker Punch

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



12

CALORIES



103 kcal

BEVERAGE

DRINK

Ingredients

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

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%)