



## Fizzy Ginger-Cranberry Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



236 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 cup sugar
- 0.5 cup water
- 0.3 cup ginger chopped
- 2 tablespoons candied ginger
- 2 tablespoons sugar
- 1 tablespoon orange zest grated
- 12 oz prepare as
- 1.5 cups 1/4 cup dried cranberry (juice sweetened if possible)

- 1 cup seltzer water
- 0.3 cup orange juice fresh
- 2 dashes angostura bitters
- 0.5 cup hendrick's gin
- 0.3 cup plus
- 1 serving ice cubes
- 1 slices orange zest grated

## Equipment

- food processor
- sauce pan

## Directions

- In 1-quart saucepan, heat 1/2 cup sugar, water and chopped gingerroot over high heat to boiling. Boil 1 minute to dissolve sugar.
- Remove from heat. Cool completely, about 20 minutes. Strain out ginger pieces.
- Pour Ginger Syrup into glass jar.
- In food processor, place Sugar for Rim ingredients. Process with on-and-off pulses until combined.
- Spread in shallow dish.
- In carafe or pitcher, place all Punch ingredients except ice and orange slices, adding gin and ginger syrup to taste; stir to combine.
- To serve, dip each drinking glass rim into water or wipe with orange wedge; dip into sugar for rim to coat. Fill glasses with ice; pour punch into glasses.
- Garnish each with orange peel.

## Nutrition Facts



**PROTEIN 0.82%** **FAT 1.04%** **CARBS 98.14%**

## Properties

Glycemic Index:60.03, Glycemic Load:24.56, Inflammation Score:-2, Nutrition Score:2.18260866274%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 235.79kcal (11.79%), Fat: 0.23g (0.35%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 49.08g (16.36%), Net Carbohydrates: 48.77g (17.74%), Sugar: 47.74g (53.05%), Cholesterol: 0mg (0%), Sodium: 25.35mg (1.1%), Alcohol: 6.83g (100%), Alcohol %: 3.3% (100%), Protein: 0.41g (0.82%), Vitamin C: 13.06mg (15.83%), Vitamin E: 0.78mg (5.18%), Copper: 0.07mg (3.62%), Vitamin K: 3.24µg (3.09%), Potassium: 91.11mg (2.6%), Vitamin B6: 0.05mg (2.3%), Magnesium: 8.34mg (2.08%), Iron: 0.34mg (1.88%), Vitamin B1: 0.03mg (1.81%), Calcium: 15.58mg (1.56%), Zinc: 0.23mg (1.52%), Vitamin B2: 0.02mg (1.28%), Phosphorus: 12.42mg (1.24%), Fiber: 0.31g (1.22%), Manganese: 0.02mg (1.14%), Folate: 4.57µg (1.14%), Vitamin A: 54.73IU (1.09%)