

Halloween punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



153 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 l cherry juice
- ☐ 3 peel from oranges with a vegetable peeler
- ☐ 1 thumb-sized chilli whole red
- ☐ 3 cinnamon sticks
- ☐ 10 cloves
- ☐ 6 slices ginger
- ☐ 12 servings dracula's fangs sweets sweet (available from shops)
- ☐ 200 ml vodka per glass

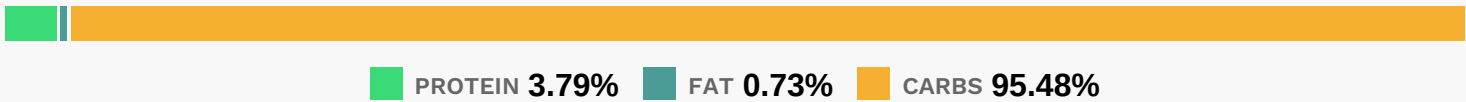
Equipment

- ☐ sauce pan
- ☐ drinking straws

Directions

- ☐ Tip the cherry juice, orange peel, chilli, cinnamon sticks, cloves and ginger into a large saucepan. Simmer for 5 mins, then turn off the heat. Leave to cool, then chill for at least 4 hrs, or up to 2 days the longer you leave it the more intense the flavours. If serving to young children, take the chilli out after a few hours.
- ☐ When youre ready to serve, pour the juice into a jug.
- ☐ Serve in glass bottles or glasses and pop a straw in each. If you're adding vodka, do so at this stage. Dangle a fangs sweet from each glass.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:1.92, Inflammation Score:-3, Nutrition Score:3.7226086997468%

Flavonoids

Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 152.5kcal (7.63%), Fat: 0.1g (0.15%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 28.26g (9.42%), Net Carbohydrates: 26.88g (9.77%), Sugar: 20.73g (23.03%), Cholesterol: 0mg (0%), Sodium: 14.98mg (0.65%), Alcohol: 5.65g (100%), Alcohol %: 3.21% (100%), Protein: 1.12g (2.25%), Vitamin C: 22.9mg (27.75%), Manganese: 0.27mg (13.53%), Potassium: 365.14mg (10.43%), Iron: 1.17mg (6.49%), Fiber: 1.38g (5.53%), Calcium: 37.4mg (3.74%), Folate: 10.89µg (2.72%), Vitamin A: 112.24IU (2.24%), Vitamin B1: 0.03mg (2.18%), Vitamin B6: 0.04mg (2.11%), Magnesium: 5.52mg (1.38%), Copper: 0.03mg (1.36%), Vitamin B2: 0.02mg (1.09%)