



Happy New Year Punch



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



238 kcal

BEVERAGE

DRINK

Ingredients

- 1 liter seltzer water chilled
- 4 cups 1/4 cup dried cranberry (juice sweetened if possible)
- 2 liter ginger ale chilled
- 4 cups grape juice
- 3 cups juice of lemon
- 4 cups orange juice
- 3 cups pineapple juice
- 1 cup sugar

2 cups grape juice white

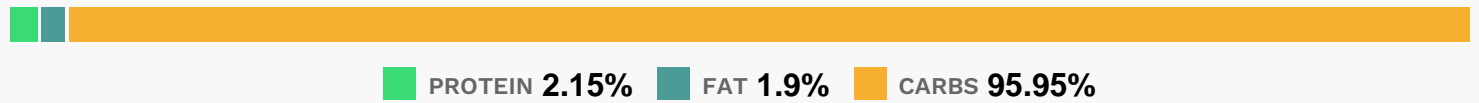
Equipment

bowl

Directions

Stir together first 7 ingredients in a large punch bowl until sugar dissolves. Stir in ginger ale and club soda, and serve over ice.

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:25.76, Inflammation Score:-5, Nutrition Score:8.066086989382%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Petunidin: 0.97mg, Petunidin: 0.97mg, Petunidin: 0.97mg, Petunidin: 0.97mg Delphinidin: 1.82mg, Delphinidin: 1.82mg, Delphinidin: 1.82mg, Delphinidin: 1.82mg Malvidin: 10.6mg, Malvidin: 10.6mg, Malvidin: 10.6mg, Malvidin: 10.6mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 1.01mg, Peonidin: 1.01mg, Peonidin: 1.01mg, Peonidin: 1.01mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Eriodictyol: 2.34mg, Eriodictyol: 2.34mg, Eriodictyol: 2.34mg, Eriodictyol: 2.34mg Hesperetin: 14.03mg, Hesperetin: 14.03mg, Hesperetin: 14.03mg, Hesperetin: 14.03mg Naringenin: 1.96mg, Naringenin: 1.96mg, Naringenin: 1.96mg, Naringenin: 1.96mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 237.96kcal (11.9%), Fat: 0.53g (0.82%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 60.4g (20.13%), Net Carbohydrates: 59.8g (21.75%), Sugar: 55.47g (61.64%), Cholesterol: 0mg (0%), Sodium: 29.95mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Vitamin C: 59.11mg (71.65%), Manganese: 0.48mg (24.06%), Potassium: 378.77mg (10.82%), Folate: 36.35µg (9.09%), Vitamin B6: 0.15mg (7.67%), Vitamin B1: 0.11mg (7.62%), Magnesium: 30.03mg (7.51%), Copper: 0.14mg (7.2%), Vitamin E: 0.86mg (5.74%), Iron: 0.93mg (5.17%), Phosphorus: 39.24mg (3.92%), Calcium: 37.8mg (3.78%), Vitamin B2: 0.06mg (3.69%), Vitamin K: 3.8µg (3.62%), Vitamin A: 165.01IU (3.3%), Vitamin B3: 0.56mg (2.81%), Vitamin B5: 0.25mg (2.48%), Fiber: 0.6g (2.41%), Zinc:

0.36mg (2.39%)