



Holiday Punch

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



133 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 bunch mint leaves fresh
- 2 liters ginger ale chilled
- 0.3 cup juice of lemon fresh
- 2 cups orange juice (from 12 juice oranges)
- 1 pint strawberries fresh

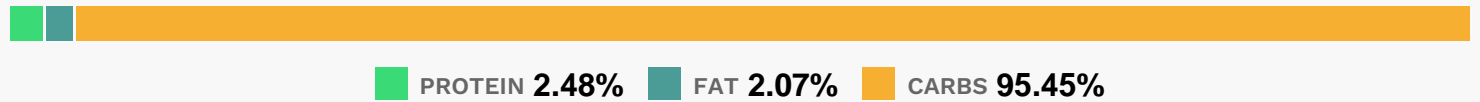
Equipment

- bowl
- ladle

Directions

- Place strawberries and small mint sprigs in a 5-cup ring mold.
- Add enough water to cover fruit, allowing some fruit to extend above water. Freeze until firm, at least 4 hours.
- About 10 minutes before serving, in a 5-quart punch bowl large enough to hold ice ring, combine orange juice and lemon juice.
- Pour in ginger ale.
- To serve, unmold ice ring (dip bottom in a large bowl of hot water very briefly to release, if necessary); add to punch, fruit-side up. To serve, ladle punch into cups or glasses.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:18.4, Inflammation Score:-5, Nutrition Score:6.9039131066074%

Flavonoids

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Nutrients (% of daily need)

Calories: 133.47kcal (6.67%), Fat: 0.32g (0.5%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 33.4g (11.13%), Net Carbohydrates: 32.05g (11.65%), Sugar: 30.49g (33.87%), Cholesterol: 0mg (0%), Sodium: 18.82mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.73%), Vitamin C: 68.81mg (83.4%), Manganese: 0.27mg (13.66%), Folate: 34.61µg (8.65%), Potassium: 226.26mg (6.46%), Fiber: 1.35g (5.4%), Copper: 0.1mg (5.13%), Vitamin B1: 0.07mg (4.8%), Iron: 0.83mg (4.63%), Magnesium: 17.66mg (4.42%), Vitamin A: 142.18IU (2.84%), Vitamin B6: 0.06mg (2.82%), Phosphorus: 25.53mg (2.55%), Calcium: 24.83mg (2.48%), Vitamin B3: 0.49mg (2.44%), Vitamin B5: 0.2mg (2.03%), Vitamin B2: 0.03mg (1.97%), Zinc: 0.25mg (1.63%), Vitamin E: 0.21mg (1.39%), Vitamin K: 1.36µg (1.3%)