



Hot Cranberry-Ginger Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



366 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 quart 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 0.3 cup ginger fresh peeled thinly sliced
- ☐ 0.3 cup juice of lime
- ☐ 0.3 cup sugar

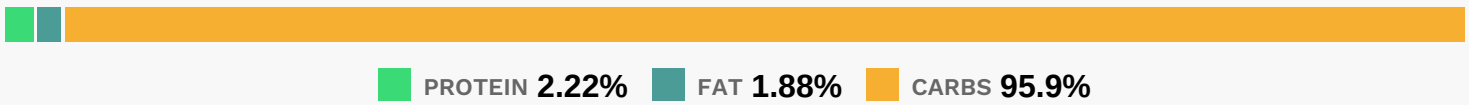
Equipment

- ☐ frying pan
- ☐ sieve

Directions

- ☐ Combine cranberry juice and ginger in a 2- to 3-quart pan over medium heat. Bring to a simmer and cook to infuse flavor, about 20 minutes.
- ☐ Stir in lime juice and 1/3 cup sugar; stir until sugar has dissolved. Taste and add up to 1/4 cup more sugar if desired.
- ☐ Pour through a fine strainer into a thermos or heatproof pitcher (discard solids).
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:70.55, Glycemic Load:55.62, Inflammation Score:-5, Nutrition Score:10.070434907208%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 365.68kcal (18.28%), Fat: 0.84g (1.29%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 96.46g (32.15%), Net Carbohydrates: 95.58g (34.76%), Sugar: 91.41g (101.56%), Cholesterol: 0mg (0%), Sodium: 12.16mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.47%), Vitamin C: 56.71mg (68.73%), Vitamin E: 5.8mg (38.65%), Vitamin K: 24.39µg (23.22%), Copper: 0.3mg (15.03%), Vitamin B6: 0.28mg (14.03%), Potassium: 462mg (13.2%), Magnesium: 36.78mg (9.19%), Iron: 1.31mg (7.27%), Phosphorus: 71.24mg (7.12%), Vitamin B2: 0.1mg (5.98%), Vitamin A: 233.1IU (4.66%), Calcium: 45.75mg (4.58%), Vitamin B1: 0.06mg (3.71%), Zinc: 0.55mg (3.66%), Fiber: 0.87g (3.5%), Vitamin B3: 0.58mg (2.89%), Folate: 10.09µg (2.52%), Manganese: 0.04mg (1.8%), Selenium: 0.8µg (1.14%)