



## Hot Percolator Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



143 kcal

BEVERAGE

DRINK

## Ingredients

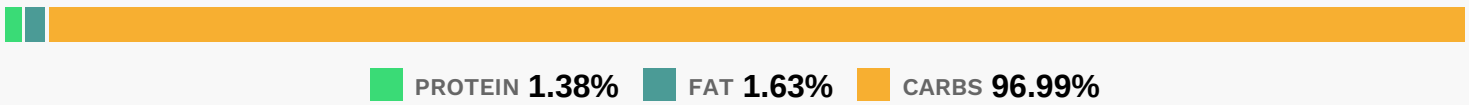
- ☐ 3 cups cranberry-apple juice drink
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 2 slices optional: lemon
- ☐ 3 cups pineapple juice unsweetened
- ☐ 1 cup water

## Equipment

# Directions

- ☐ Pour juices and water into a 12-cup percolator.
- ☐ Place brown sugar and next 3 ingredients in percolator basket. Perk through complete cycle of electric percolator.
- ☐ Serve with cinnamon sticks, if desired.
- ☐ Note: This is an easy recipe to double if you have a larger percolator and a bigger crowd to serve.

## Nutrition Facts



## Properties

Glycemic Index:16.04, Glycemic Load:10.74, Inflammation Score:-2, Nutrition Score:4.1017391506744%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Epicatechin: 5.01mg, Epicatechin: 5.01mg, Epicatechin: 5.01mg, Epicatechin: 5.01mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 142.89kcal (7.14%), Fat: 0.27g (0.41%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 35.49g (11.83%), Net Carbohydrates: 35.02g (12.73%), Sugar: 30.53g (33.92%), Cholesterol: 0mg (0%), Sodium: 10.94mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1.01%), Manganese: 0.6mg (29.79%), Vitamin C: 12.13mg (14.7%), Potassium: 255.53mg (7.3%), Vitamin B6: 0.13mg (6.31%), Vitamin B1: 0.08mg (5.45%), Magnesium: 18.89mg (4.72%), Copper: 0.09mg (4.68%), Folate: 18.53µg (4.63%), Calcium: 31.88mg (3.19%), Iron: 0.53mg (2.93%), Vitamin B2: 0.04mg (2.34%), Fiber: 0.47g (1.88%), Phosphorus: 16.27mg (1.63%), Vitamin B3: 0.29mg (1.46%), Vitamin B5: 0.13mg (1.26%)