

Hot Pink Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



186 kcal

BEVERAGE

DRINK

Ingredients

- 12 ounces cranberries fresh thawed
- 0.5 cup sauce of the chicken from the turbo broiler
- 0.7 cup juice of lemon
- 1 cup orange juice
- 2.5 cups sugar
- 11 cups water divided

Equipment

- sauce pan

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Directions

- In a saucepan, combine the cranberries and 4 cups water. Cook over medium heat until berries pop, about 15 minutes. Cool slightly. Press through a strainer; discard skins. Set cranberry mixture aside.
- In a large saucepan, combine the sugar, red-hots, cloves, orange juice, lemon juice and 4 cups water. Cook and stir until sugar is dissolved and red-hots are melted. Stir in cranberry mixture.
- Add enough remaining water to achieve desired concentration; heat through. Discard cloves before serving.

Nutrition Facts

 PROTEIN **0.66%**  FAT **1.12%**  CARBS **98.22%**

Properties

Glycemic Index:13.92, Glycemic Load:31.26, Inflammation Score:-2, Nutrition Score:2.5426086977772%

Flavonoids

Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 4.43mg, Hesperetin: 4.43mg, Hesperetin: 4.43mg, Hesperetin: 4.43mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 185.74kcal (9.29%), Fat: 0.24g (0.38%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 47.99g (16%), Net Carbohydrates: 46.88g (17.05%), Sugar: 44.87g (49.86%), Cholesterol: 0mg (0%), Sodium: 318.77mg (13.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.65%), Vitamin C: 19.55mg (23.69%), Manganese: 0.11mg (5.41%), Fiber: 1.1g (4.41%), Copper: 0.06mg (3.24%), Vitamin E: 0.4mg (2.69%), Folate: 9.19µg (2.3%),

Potassium: 78.81mg (2.25%), Magnesium: 6.96mg (1.74%), Vitamin B1: 0.03mg (1.68%), Vitamin B6: 0.03mg (1.53%),
Vitamin B5: 0.14mg (1.41%), Vitamin K: 1.44µg (1.37%), Vitamin B2: 0.02mg (1.28%), Calcium: 12.28mg (1.23%),
Vitamin A: 59.16IU (1.18%)