



Kerri's Holiday Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



5 min.

SERVINGS



30

CALORIES



120 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 optional: lemon sliced into rounds
- ☐ 6 fluid ounces juice of lemon
- ☐ 3 liters lemon-lime carbonated beverage flavored
- ☐ 6 ounce lemonade concentrate frozen thawed canned
- ☐ 1 cranberry-orange relish sliced into rounds
- ☐ 6 ounce orange juice concentrate frozen canned
- ☐ 2 drops food coloring red
- ☐ 750 milliliter southern comfort liqueur

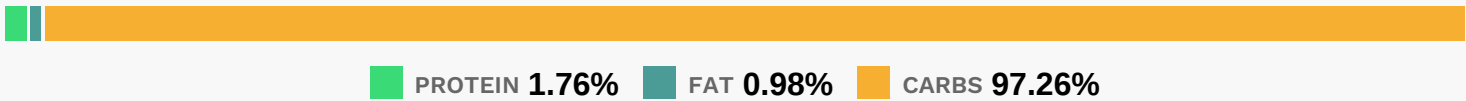
Equipment

☐ bowl

Directions

☐ In a large punch bowl, combine Southern Comfort, lemon juice, lemonade concentrate and orange juice concentrate. Stir in lemon-lime soda, and add a few drops red food coloring. Float orange and lemon slices for garnish.

Nutrition Facts



Properties

Glycemic Index:2.27, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:1.4465217570086%

Flavonoids

Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg Hesperetin: 3.05mg, Hesperetin: 3.05mg, Hesperetin: 3.05mg, Hesperetin: 3.05mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 119.66kcal (5.98%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 18.75g (6.25%), Net Carbohydrates: 18.45g (6.71%), Sugar: 15.02g (16.69%), Cholesterol: 0mg (0%), Sodium: 10.9mg (0.47%), Alcohol: 6.48g (100%), Alcohol %: 5.48% (100%), Caffeine: 14.96mg (4.99%), Protein: 0.34g (0.68%), Vitamin C: 15.48mg (18.77%), Folate: 7.65µg (1.91%), Potassium: 59.71mg (1.71%), Vitamin B1: 0.02mg (1.56%), Vitamin B6: 0.02mg (1.2%), Fiber: 0.3g (1.19%), Magnesium: 4.46mg (1.11%)