



## Low-Calorie Sunset Punch

READY IN



185 min.

SERVINGS



5

CALORIES



110 kcal

BEVERAGE

DRINK

### Ingredients

- 1.5 cups cranberry juice cocktail reduced-calorie
- 1 L diet ginger ale
- 5 servings ice cubes
- 1 tub tang orange flavor drink mix sugar free

### Equipment

- bowl

### Directions

Mix drink mix and juice cocktail in large plastic or glass pitcher until mix is dissolved. Refrigerate several hours or until chilled.

Pour into punch bowl just before serving. Stir in ginger ale and ice cubes.

## Nutrition Facts

PROTEIN 0.1% FAT 0.76% CARBS 99.14%

### Properties

Glycemic Index:24.6, Glycemic Load:17.16, Inflammation Score:-1, Nutrition Score:2.3430434103407%

### Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

### Nutrients (% of daily need)

Calories: 109.67kcal (5.48%), Fat: 0.09g (0.15%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 27.87g (9.29%), Net Carbohydrates: 27.87g (10.13%), Sugar: 26.88g (29.87%), Cholesterol: 0.05mg (0.02%), Sodium: 19.09mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.06%), Vitamin C: 32.11mg (38.92%), Manganese: 0.06mg (3.14%), Copper: 0.05mg (2.64%), Iron: 0.44mg (2.42%), Vitamin E: 0.17mg (1.12%), Calcium: 10.54mg (1.05%)