



Nicole's Christmas Punch

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



12

CALORIES



236 kcal

BEVERAGE

DRINK

Ingredients

- 5.3 cups cranberry-apple juice chilled
- 1.3 liters ginger ale chilled
- 0.5 teaspoon ground cinnamon
- 64 fluid ounce pineapple juice chilled
- 2.7 cups water
- 1 cup sugar white

Equipment

- bowl

sauce pan

Directions

- Combine water, sugar, and cinnamon together in a saucepan; bring to a boil until sugar is dissolved, 5 to 10 minutes.
- Remove cinnamon syrup from heat and chill.
- Mix cinnamon syrup, pineapple juice, cranberry–apple juice, and ginger ale together in a punch bowl; stir well.

Nutrition Facts

PROTEIN 1.12% **FAT 1.43%** **CARBS 97.45%**

Properties

Glycemic Index:18.74, Glycemic Load:31.93, Inflammation Score:-2, Nutrition Score:5.869565177223%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Epicatechin: 5.19mg, Epicatechin: 5.19mg, Epicatechin: 5.19mg, Epicatechin: 5.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 236.34kcal (11.82%), Fat: 0.39g (0.6%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 59.13g (19.71%), Net Carbohydrates: 58.55g (21.29%), Sugar: 52.84g (58.71%), Cholesterol: 0mg (0%), Sodium: 18.13mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Manganese: 0.91mg (45.3%), Vitamin C: 16.77mg (20.32%), Potassium: 318.14mg (9.09%), Vitamin B6: 0.18mg (8.88%), Vitamin B1: 0.11mg (7.64%), Copper: 0.15mg (7.59%), Folate: 28.39µg (7.1%), Magnesium: 26.12mg (6.53%), Iron: 0.84mg (4.64%), Calcium: 35.22mg (3.52%), Vitamin B2: 0.06mg (3.24%), Fiber: 0.58g (2.32%), Phosphorus: 20.39mg (2.04%), Vitamin B3: 0.4mg (1.98%), Zinc: 0.26mg (1.73%), Vitamin B5: 0.14mg (1.43%)