



## Non-Alcoholic New Years Eve Punch

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

READY IN



5 min.

SERVINGS



20

CALORIES



116 kcal

BEVERAGE

DRINK

### Ingredients

- 3.5 liters ginger ale
- 20 maraschino cherries
- 2 quarts orange juice
- 2 cranberry-orange relish sliced into rounds

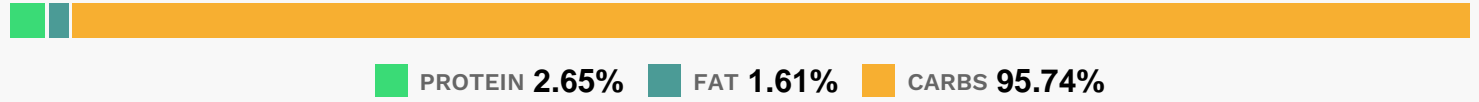
### Equipment

- bowl

# Directions

- In a large punch bowl mix ginger ale and orange juice.
- Place sliced oranges on top of punch and arrange the cherries on top of the orange slices.

# Nutrition Facts



# Properties

Glycemic Index:7.88, Glycemic Load:15.18, Inflammation Score:-4, Nutrition Score:5.2643479614154%

# Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 14.88mg, Hesperetin: 14.88mg, Hesperetin: 14.88mg, Hesperetin: 14.88mg Naringenin: 4.03mg, Naringenin: 4.03mg, Naringenin: 4.03mg, Naringenin: 4.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

# Nutrients (% of daily need)

Calories: 116.35kcal (5.82%), Fat: 0.22g (0.33%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 28.78g (9.59%), Net Carbohydrates: 28.12g (10.22%), Sugar: 26.65g (29.61%), Cholesterol: 0mg (0%), Sodium: 13.37mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.59%), Vitamin C: 54.29mg (65.8%), Folate: 32.32µg (8.08%), Vitamin B1: 0.1mg (6.44%), Potassium: 215.78mg (6.17%), Vitamin A: 221IU (4.42%), Copper: 0.09mg (4.31%), Magnesium: 13.67mg (3.42%), Iron: 0.54mg (2.99%), Fiber: 0.66g (2.65%), Calcium: 23.59mg (2.36%), Vitamin B6: 0.05mg (2.3%), Vitamin B5: 0.22mg (2.15%), Vitamin B3: 0.42mg (2.08%), Manganese: 0.04mg (1.99%), Vitamin B2: 0.03mg (1.98%), Phosphorus: 18.07mg (1.81%), Zinc: 0.16mg (1.05%)