



Party Apple Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



97 kcal

BEVERAGE

DRINK

Ingredients



3 cups sparkling apple cider



2 cups apple juice



1 cup pineapple juice

Equipment

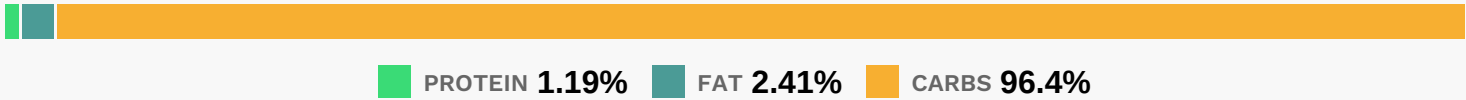


bowl

Directions

- ☐
- Combine first 3 ingredients and, if desired, brandy; freeze 8 hours.
- ☐
- Remove punch from freezer 30 minutes before serving.
- ☐
- Place in a small punch bowl, and break into chunks. Stir until slushy.

Nutrition Facts



Properties

Glycemic Index:18.21, Glycemic Load:9.74, Inflammation Score:-1, Nutrition Score:2.2934782459684%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epicatechin: 8.1mg, Epicatechin: 8.1mg, Epicatechin: 8.1mg, Epicatechin: 8.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 96.99kcal (4.85%), Fat: 0.26g (0.41%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 23.77g (7.93%), Net Carbohydrates: 23.36g (8.5%), Sugar: 19.91g (22.12%), Cholesterol: 0mg (0%), Sodium: 7.55mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.59%), Manganese: 0.3mg (14.86%), Potassium: 217.55mg (6.22%), Vitamin C: 4.92mg (5.96%), Vitamin B1: 0.06mg (3.71%), Vitamin B6: 0.06mg (3.23%), Magnesium: 12.65mg (3.16%), Copper: 0.04mg (2.2%), Vitamin B2: 0.04mg (2.14%), Calcium: 18.14mg (1.81%), Iron: 0.31mg (1.73%), Fiber: 0.41g (1.65%), Folate: 6.07µg (1.52%), Phosphorus: 14.74mg (1.47%), Vitamin B5: 0.1mg (1.03%)