



Party Punch VII

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



32

CALORIES



76 kcal

BEVERAGE

DRINK

Ingredients

- 128 fluid ounce cranberry-apple juice chilled
- 2 liter ginger ale chilled

Equipment

- bowl

Directions

- In a punch bowl, combine cranberry-apple juice and ginger ale.

Nutrition Facts

PROTEIN 0.61% FAT 1.79% CARBS 97.6%

Properties

Glycemic Index:3.24, Glycemic Load:8.79, Inflammation Score:-1, Nutrition Score:0.97217391253166%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 75.61kcal (3.78%), Fat: 0.15g (0.24%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 18.83g (6.28%), Net Carbohydrates: 18.59g (6.76%), Sugar: 16.93g (18.81%), Cholesterol: 0mg (0%), Sodium: 9.1mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%), Manganese: 0.1mg (4.78%), Potassium: 120.09mg (3.43%), Vitamin B1: 0.02mg (1.66%), Magnesium: 6.54mg (1.63%), Iron: 0.25mg (1.41%), Vitamin C: 1.06mg (1.29%), Copper: 0.03mg (1.27%), Vitamin B2: 0.02mg (1.18%), Calcium: 11.33mg (1.13%), Vitamin B6: 0.02mg (1.06%)