



Pomegranate-Orange Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



346 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3.5 cups blood orange juice chilled
- ☐ 1 cranberry-orange relish thinly sliced
- ☐ 1 cup orange liqueur chilled
- ☐ 1 cup pomegranate juice chilled
- ☐ 0.8 cup vodka chilled

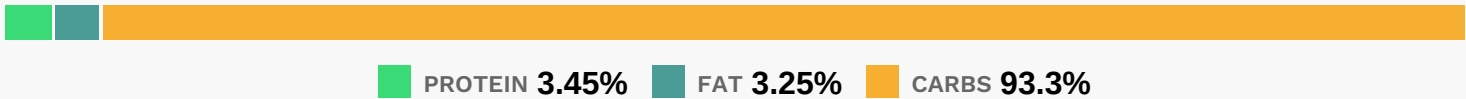
Equipment

- ☐ bowl

Directions

- ☐ Stir together blood orange juice and pomegranate juice in a large serving bowl. Chill at least 2 hours or up to 24 hours.
- ☐ Stir in orange liqueur, vodka, and orange slices.
- ☐ Serve immediately.
- ☐ *Sweet red grapefruit juice may be substituted.

Nutrition Facts



Properties

Glycemic Index:21.9, Glycemic Load:10.25, Inflammation Score:-8, Nutrition Score:9.3082608140033%

Flavonoids

Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 27.88mg, Hesperetin: 27.88mg, Hesperetin: 27.88mg, Hesperetin: 27.88mg Naringenin: 7.73mg, Naringenin: 7.73mg, Naringenin: 7.73mg, Naringenin: 7.73mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 345.86kcal (17.29%), Fat: 0.66g (1.02%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 42.87g (14.29%), Net Carbohydrates: 41.84g (15.22%), Sugar: 38.51g (42.78%), Cholesterol: 0mg (0%), Sodium: 10.35mg (0.45%), Alcohol: 24.3g (100%), Alcohol %: 9.25% (100%), Caffeine: 12.27mg (4.09%), Protein: 1.58g (3.17%), Vitamin C: 100.79mg (122.17%), Folate: 71.89µg (17.97%), Potassium: 515.71mg (14.73%), Vitamin B1: 0.19mg (12.68%), Vitamin A: 406.15IU (8.12%), Magnesium: 26.62mg (6.65%), Copper: 0.12mg (6.06%), Vitamin B5: 0.54mg (5.37%), Vitamin B6: 0.11mg (5.25%), Vitamin K: 5.35µg (5.1%), Vitamin B3: 0.95mg (4.76%), Vitamin B2: 0.08mg (4.6%), Phosphorus: 43.29mg (4.33%), Manganese: 0.09mg (4.31%), Fiber: 1.03g (4.1%), Calcium: 35.53mg (3.55%), Iron: 0.46mg (2.53%), Vitamin E: 0.31mg (2.04%), Zinc: 0.16mg (1.09%)