



Quick Cranberry Punch

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



12

CALORIES



88 kcal

BEVERAGE

DRINK

Ingredients

- 32 ounces cranberry juice cocktail chilled
- 24 ounces ginger ale chilled canned
- 6 ounces lemonade concentrate frozen thawed canned

Equipment

Directions

- Make lemonade as directed on can in large pitcher.

Stir in cranberry juice cocktail and enough ice to chill. Just before serving, stir in ginger ale.

Nutrition Facts

PROTEIN 0.14% **FAT 1.74%** **CARBS 98.12%**

Properties

Glycemic Index:10.25, Glycemic Load:9.25, Inflammation Score:-1, Nutrition Score:2.2413042741625%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 87.88kcal (4.39%), Fat: 0.17g (0.27%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 22.25g (7.42%), Net Carbohydrates: 22.2g (8.07%), Sugar: 20.35g (22.61%), Cholesterol: 0mg (0%), Sodium: 6.47mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.06%), Vitamin C: 33.84mg (41.01%), Manganese: 0.05mg (2.28%), Vitamin E: 0.18mg (1.19%), Iron: 0.19mg (1.06%)