



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

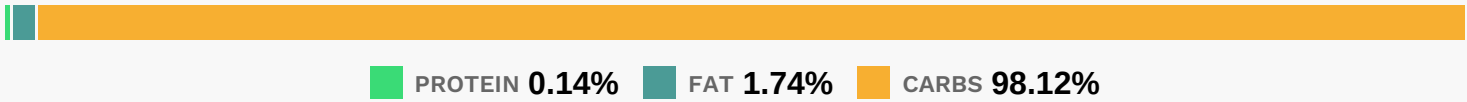
Equipment

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



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%)