



Red Ryder



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons angostura
- ☐ 750 milliliter campari
- ☐ 3 cups 1/4 cup dried cranberry (juice sweetened if possible) unsweetened
- ☐ 750 milliliter rum dark
- ☐ 3 cups pomegranate juice
- ☐ 3 cups rooibos tea chilled brewed

Equipment

- ☐ bowl

Directions

- ☐ Combine Campari, dark rum, spiced rum, tea, pomegranate juice, cranberry juice, and bitters in a punch bowl and chill 2–6 hours.
- ☐ Thirty minutes before serving, add ice cubes or ice ring.

Nutrition Facts



Properties

Glycemic Index:3.55, Glycemic Load:2.57, Inflammation Score:-4, Nutrition Score:1.7008695725514%

Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 2.86mg, Epigallocatechin: 2.86mg, Epigallocatechin: 2.86mg, Epigallocatechin: 2.86mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epicatechin 3–gallate: 2.08mg, Epicatechin 3–gallate: 2.08mg, Epicatechin 3–gallate: 2.08mg, Epicatechin 3–gallate: 2.08mg Epigallocatechin 3–gallate: 3.32mg, Epigallocatechin 3–gallate: 3.32mg, Epigallocatechin 3–gallate: 3.32mg, Epigallocatechin 3–gallate: 3.32mg Theaflavin: 0.56mg, Theaflavin: 0.56mg, Theaflavin: 0.56mg, Theaflavin: 0.56mg Thearubigins: 28.85mg, Thearubigins: 28.85mg, Thearubigins: 28.85mg, Thearubigins: 28.85mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg Theaflavin–3,3′–digallate: 0.62mg, Theaflavin–3,3′–digallate: 0.62mg, Theaflavin–3,3′–digallate: 0.62mg, Theaflavin–3,3′–digallate: 0.62mg Theaflavin–3′–gallate: 0.54mg, Theaflavin–3′–gallate: 0.54mg, Theaflavin–3′–gallate: 0.54mg, Theaflavin–3′–gallate: 0.54mg Gallocatechin: 0.44mg, Gallocatechin: 0.44mg, Gallocatechin: 0.44mg, Gallocatechin: 0.44mg

Nutrients (% of daily need)

Calories: 227.52kcal (11.38%), Fat: 0.16g (0.24%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 19.9g (6.63%), Net Carbohydrates: 19.83g (7.21%), Sugar: 9.35g (10.39%), Cholesterol: 0mg (0%), Sodium: 5.57mg (0.24%), Alcohol: 21.37g (100%), Alcohol %: 14.51% (100%), Caffeine: 7.1mg (2.37%), Protein: 0.2g (0.41%), Manganese: 0.12mg (6%), Vitamin K: 5.82µg (5.54%), Vitamin C: 3.57mg (4.32%), Vitamin E: 0.6mg (3.98%), Potassium: 123.04mg (3.52%), Folate: 11.12µg (2.78%), Copper: 0.04mg (2.01%), Vitamin B6: 0.04mg (1.75%), Magnesium: 5.96mg (1.49%), Vitamin B2: 0.02mg (1.11%), Vitamin B5: 0.11mg (1.1%), Phosphorus: 10.92mg (1.09%)