



Reindeer Cranberry Punch

 **Gluten Free**  **Dairy Free**

READY IN



135 min.

SERVINGS



12

CALORIES



123 kcal

BEVERAGE

DRINK

Ingredients

- 4 cups low-calorie cranberry juice cocktail chilled
- 12 servings mint leaves fresh
- 1 L diet ginger ale chilled
- 12 maraschino cherries
- 2.3 cups raspberry sherbet
- 4 cups water cold

Equipment

- bowl

baking sheet

Directions

- Portion sherbet into 12 (3-Tbsp.) scoops on waxed paper-covered rimmed baking sheet; press 1 cherry into center of each. Freeze 2 hours.
- Meanwhile, add juice cocktail and water to drink mix in plastic or glass pitcher; stir until mix is dissolved. Refrigerate until ready to serve.
- Pour prepared drink into punch bowl when ready to serve; stir in ginger ale. Insert 2 mint leaves into each sherbet scoop for the reindeer's ears.
- Transfer 1 sherbet scoop to each glass of punch just before serving.

Nutrition Facts

PROTEIN 1.13% FAT 4.76% CARBS 94.11%

Properties

Glycemic Index:14.5, Glycemic Load:15.54, Inflammation Score:-2, Nutrition Score:3.1643478870392%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 122.71kcal (6.14%), Fat: 0.66g (1.01%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 28.75g (10.45%), Sugar: 26.12g (29.02%), Cholesterol: 0.28mg (0.09%), Sodium: 24.72mg (1.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.71%), Vitamin C: 36.63mg (44.4%), Manganese: 0.07mg (3.33%), Calcium: 27.5mg (2.75%), Copper: 0.05mg (2.71%), Fiber: 0.6g (2.4%), Iron: 0.35mg (1.92%), Vitamin B2: 0.03mg (1.74%), Zinc: 0.23mg (1.55%), Magnesium: 5.68mg (1.42%), Potassium: 46.02mg (1.31%), Phosphorus: 12.82mg (1.28%), Vitamin A: 64.24IU (1.28%), Vitamin E: 0.19mg (1.27%), Vitamin B5: 0.11mg (1.12%)