



Serve This Pomegranate Cranberry Punch at Your Next Holiday Gathering

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



125 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups pomegranate juice unsweetened chilled
- 1 cup 1/4 cup dried cranberry (juice sweetened if possible) chilled
- 8 ounces vodka
- 8 ounces cranberry–orange relish orange-flavored
- 1 cup seltzer water chilled
- 0.5 cup juice of lemon fresh (from 2 to 3 lemons)
- 0.5 cup simple syrup glaze mixed for drinks

1 serving ice cubes frozen

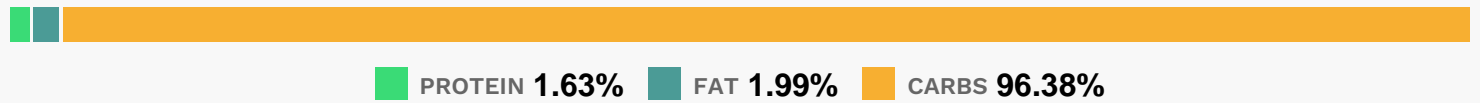
Equipment

bowl

Directions

Combine pomegranate and cranberry juice, vodka, Cointreau, club soda, lemon juice, and simple syrup in a punch bowl. Fill glasses with cranberries frozen in ice cubes, and serve.

Nutrition Facts



Properties

Glycemic Index:9.46, Glycemic Load:2.18, Inflammation Score:-2, Nutrition Score:2.7652173508768%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 6.62mg, Hesperetin: 6.62mg, Hesperetin: 6.62mg Naringenin: 3.04mg, Naringenin: 3.04mg, Naringenin: 3.04mg, Naringenin: 3.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 124.66kcal (6.23%), Fat: 0.19g (0.3%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 21.21g (7.07%), Net Carbohydrates: 20.66g (7.51%), Sugar: 20.08g (22.31%), Cholesterol: 0mg (0%), Sodium: 16.97mg (0.74%), Alcohol: 6.31g (100%), Alcohol %: 5.37% (100%), Protein: 0.36g (0.72%), Vitamin C: 15.99mg (19.38%), Vitamin K: 5.39µg (5.13%), Potassium: 159.15mg (4.55%), Folate: 17.87µg (4.47%), Iron: 0.63mg (3.5%), Vitamin B1: 0.05mg (3.08%), Vitamin E: 0.46mg (3.07%), Manganese: 0.05mg (2.28%), Fiber: 0.55g (2.19%), Vitamin B6: 0.04mg (2.18%), Magnesium: 8.32mg (2.08%), Copper: 0.04mg (1.85%), Vitamin B5: 0.18mg (1.79%), Calcium: 17.37mg (1.74%), Vitamin B2: 0.03mg (1.7%), Phosphorus: 12.83mg (1.28%), Vitamin A: 52.62IU (1.05%)