



Sparkling Cinnamon Punch

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

READY IN



45 min.

SERVINGS



50

CALORIES



53 kcal

BEVERAGE

DRINK

Ingredients

- 46 ounce apple cider chilled canned
- 4 liter regular ginger ale chilled
- 0.5 cup cinnamon candies red
- 0.5 cup sugar
- 1 cup water

Equipment

- bowl
- sauce pan

Directions

- Combine first 3 ingredients in a small saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes or until candies melt, stirring occasionally. Cool completely.
- Combine cinnamon mixture, ginger ale, and apple juice in a large punch bowl; stir well.

Nutrition Facts

PROTEIN 0.19% **FAT 0.66%** **CARBS 99.15%**

Properties

Glycemic Index:3.48, Glycemic Load:6.98, Inflammation Score:-1, Nutrition Score:0.32434782863635%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 53.18kcal (2.66%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 13.62g (4.54%), Net Carbohydrates: 13.57g (4.94%), Sugar: 13.09g (14.54%), Cholesterol: 0mg (0%), Sodium: 6.89mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.05%), Manganese: 0.03mg (1.49%)