



Sparkling Cranberry Ginger Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



10

CALORIES



146 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 cup water
- 0.5 cup sugar
- 0.3 cup ginger fresh thinly sliced
- 0.3 cup juice of lime fresh
- 67.2 oz 1/4 cup dried cranberry (juice sweetened if possible) canned
- 16 slices lime frozen
- 12 oz cranberries fresh frozen

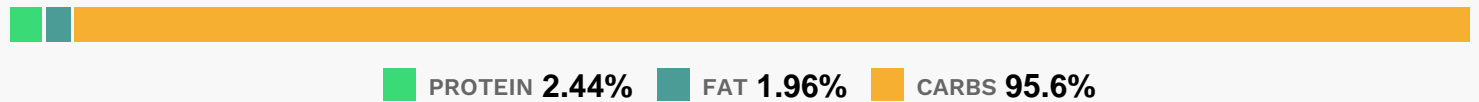
Equipment

- bowl
- sauce pan

Directions

- In 1-quart saucepan, heat water, sugar and gingerroot to boiling over high heat, stirring until sugar is dissolved. Reduce heat to medium-low; simmer uncovered 5 minutes.
- Remove from heat; cool. Strain. Refrigerate ginger syrup until well chilled.
- To serve, in large pitcher or punch bowl, mix 1/2 cup of the ginger syrup and the lime juice (keep remaining ginger syrup refrigerated for later use).
- Add cranberry juice, lime slices and cranberries.

Nutrition Facts



Properties

Glycemic Index:21.81, Glycemic Load:21.27, Inflammation Score:-3, Nutrition Score:4.9756521712179%

Flavonoids

Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

Nutrients (% of daily need)

Calories: 145.7kcal (7.28%), Fat: 0.35g (0.54%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 36.86g (13.4%), Sugar: 34.65g (38.5%), Cholesterol: 0mg (0%), Sodium: 5.94mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Vitamin C: 24.88mg (30.16%), Vitamin E: 2.76mg (18.39%), Vitamin K: 11.47µg (10.92%), Copper: 0.14mg (6.77%), Manganese: 0.13mg (6.48%), Vitamin B6: 0.13mg (6.26%),

Fiber: 1.53g (6.13%), Potassium: 192.78mg (5.51%), Magnesium: 15.26mg (3.82%), Iron: 0.59mg (3.27%), Phosphorus: 30.46mg (3.05%), Vitamin B2: 0.05mg (2.65%), Vitamin A: 109.97IU (2.2%), Calcium: 20.35mg (2.04%), Zinc: 0.24mg (1.59%), Vitamin B1: 0.02mg (1.59%), Vitamin B3: 0.24mg (1.19%), Vitamin B5: 0.12mg (1.16%)