



Sparkling Holiday Punch



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



185 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3.5 cups blood orange juice chilled
- ☐ 1 liter ginger ale chilled
- ☐ 1 cranberry-orange relish thinly sliced
- ☐ 1 cup pomegranate juice chilled

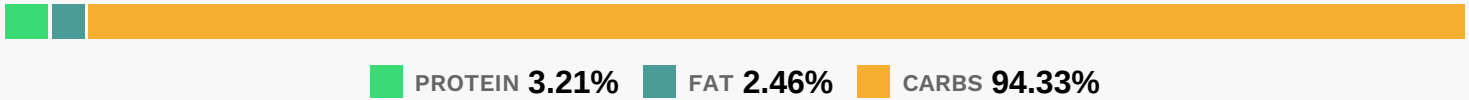
Equipment

- ☐ bowl

Directions

- ☐ Stir together blood orange juice and pomegranate juice in a large serving bowl. Chill at least 2 hours or up to 24 hours.
- ☐ Stir in ginger ale and orange slices.
- ☐ Serve immediately.
- ☐ *Sweet red grapefruit juice may be substituted.
- ☐ Pomegranate-Orange Punch: Prepare recipe as directed, omitting ginger ale. Stir in 3/4 cup chilled vodka, 1 cup chilled orange liqueur, and orange slices before serving. Makes 6 3/4 cups.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:21.26, Inflammation Score:-7, Nutrition Score:9.4321738662927%

Flavonoids

Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 27.88mg, Hesperetin: 27.88mg, Hesperetin: 27.88mg, Hesperetin: 27.88mg Naringenin: 7.73mg, Naringenin: 7.73mg, Naringenin: 7.73mg, Naringenin: 7.73mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 185.16kcal (9.26%), Fat: 0.52g (0.8%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 45.15g (15.05%), Net Carbohydrates: 44.12g (16.04%), Sugar: 41.06g (45.63%), Cholesterol: 0mg (0%), Sodium: 20.18mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.07%), Vitamin C: 100.79mg (122.17%), Folate: 71.89µg (17.97%), Potassium: 503.19mg (14.38%), Vitamin B1: 0.19mg (12.43%), Vitamin A: 406.15IU (8.12%), Magnesium: 27.2mg (6.8%), Copper: 0.13mg (6.73%), Vitamin B5: 0.54mg (5.37%), Vitamin B6: 0.11mg (5.25%), Manganese: 0.1mg (5.2%), Vitamin K: 5.35µg (5.1%), Vitamin B3: 0.88mg (4.42%), Iron: 0.78mg (4.35%), Vitamin B2: 0.07mg (4.12%), Calcium: 41.04mg (4.1%), Fiber: 1.03g (4.1%), Phosphorus: 38.66mg (3.87%), Vitamin E: 0.31mg (2.04%), Zinc: 0.25mg (1.66%)