

Warm Fruity Punch



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



162 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 8 servings optional: additional cinnamon sticks
- ☐ 32 oz cranberry juice cocktail
- ☐ 32 oz pineapple juice canned
- ☐ 0.3 cup cinnamon candies red

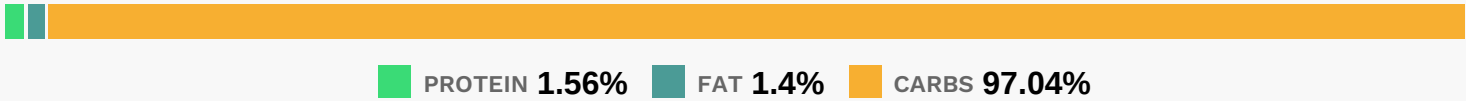
Equipment

- ☐ slow cooker

Directions

- ☐ Combine juices, candies and cinnamon stick in a slow cooker. Cover and cook on low setting for 2 to 5 hours.
- ☐ Remove cinnamon stick before serving. Use additional cinnamon sticks as stirrers, if desired.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:9.22, Inflammation Score:-3, Nutrition Score:6.8921739355378%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg 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: 0.46mg, Peonidin: 0.46mg, Peonidin: 0.46mg, Peonidin: 0.46mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 161.77kcal (8.09%), Fat: 0.27g (0.41%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 41.98g (13.99%), Net Carbohydrates: 39.21g (14.26%), Sugar: 35.89g (39.88%), Cholesterol: 0mg (0%), Sodium: 3.65mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Vitamin C: 58.72mg (71.18%), Manganese: 0.48mg (24.01%), Fiber: 2.77g (11.07%), Vitamin B1: 0.12mg (7.75%), Copper: 0.14mg (7.05%), Magnesium: 19.61mg (4.9%), Potassium: 166.99mg (4.77%), Calcium: 45.97mg (4.6%), Vitamin B6: 0.09mg (4.44%), Iron: 0.63mg (3.52%), Vitamin K: 2.69µg (2.56%), Vitamin E: 0.33mg (2.19%), Vitamin B3: 0.4mg (2.01%), Vitamin B2: 0.02mg (1.46%), Vitamin A: 72.96IU (1.46%), Folate: 5.82µg (1.45%), Zinc: 0.19mg (1.28%), Selenium: 0.76µg (1.08%), Phosphorus: 10.63mg (1.06%)