

# Cranberry Delight Punch

[www.walmart.com/holidayfoodideas](http://www.walmart.com/holidayfoodideas)

## Servings: 20

3 cans (8 ounces ea) cranberry sauce  
1 can (12 ounce) frozen apple juice concentrate  
1 can (12 ounce) frozen cranberry juice concentrate  
1 can (12 ounce) frozen pink lemonade concentrate  
1 can (12 ounce) frozen regular lemonade concentrate  
1 teaspoon cinnamon  
1 teaspoon allspice  
6 cups water  
2 two-liter bottles Sierra Mist lemon-lime soda OR one two-liter bottle Sierra Mist lemon-lime soda and one two-liter bottle Sierra Mist Cranberry Splash soda  
fresh cranberries (for garnish)  
cinnamon sticks (for garnish)

## Preparation Time: 30 minutes

In the bowl of a blender, blend the cranberry sauce, frozen juice concentrates and spices on low speed until fully incorporated. Transfer the mixture into a large mixing bowl.

Add the water to the mixture and mix until the water is fully incorporated. Split the mixture between two one-gallon freezer bags and place into the freezer.

After two hours, knead the concentrate inside the bag and replace into the freezer overnight.

To serve, thaw the mixture in the freezer bag until it can be easily scooped. Place 1/2 cup of slush and 1/2 cup of Sierra Mist into a cup. Garnish with fresh cranberries and cinnamon sticks.

Start to Finish Time: 6 hours

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Per Serving (excluding unknown items): 63 Calories; trace Fat (1.0% calories from fat); trace Protein; 16g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 1 Other Carbohydrates.

## Beverages

### Per Serving Nutritional Analysis

Calories (kcal):	63	Vitamin B6 (mg):	trace
% Calories from Fat:	1.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	trace

**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 16g  
**Dietary Fiber (g):** trace  
**Protein (g):** trace  
**Sodium (mg):** 14mg  
**Potassium (mg):** 12mg  
**Calcium (mg):** 5mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 9IU  
**Vitamin A (r.e.):** 1RE

**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 1

## Nutrition Facts

Servings per Recipe: 20

### Amount Per Serving

**Calories** 63 Calories from Fat: 1

#### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	14mg	1%
<b>Total Carbohydrates</b>	16g	5%
	Dietary Fiber trace	2%
<b>Protein</b>	trace	
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<b>Vitamin A</b>		0%
<b>Vitamin C</b>		3%
<b>Calcium</b>		1%
<b>Iron</b>		1%

\* Percent Daily Values are based on a 2000 calorie diet.