



## Berry Bubbly Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



532 kcal

BEVERAGE

DRINK

### Ingredients

- 0.3 cup juice of lemon fresh
- 0.8 cup orange juice fresh
- 0.8 cup pineapple juice
- 0.8 cup raspberries
- 1500 milliliter sparkling wine chilled
- 2 servings strawberries fresh halved

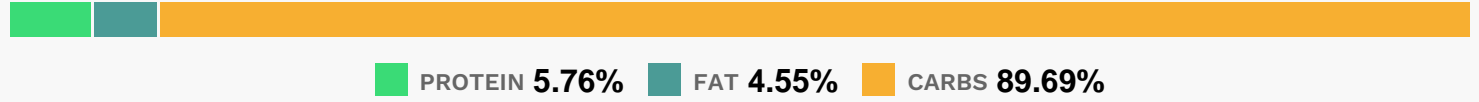
### Equipment

- bowl

# Directions

- Combine raspberry syrup, fresh orange juice, pineapple juice, and fresh lemon juice in a medium bowl, stirring until blended. Cover and chill 2 to 3 hours.
- Pour mixture into a punch bowl, and top with chilled sparkling wine.

# Nutrition Facts



# Properties

Glycemic Index:82, Glycemic Load:13.99, Inflammation Score:-10, Nutrition Score:19.211739218753%

# Flavonoids

Cyanidin: 23.02mg, Cyanidin: 23.02mg, Cyanidin: 23.02mg, Cyanidin: 23.02mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 36.22mg, Pelargonidin: 36.22mg, Pelargonidin: 36.22mg, Pelargonidin: 36.22mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 5.07mg, Catechin: 5.07mg, Catechin: 5.07mg, Catechin: 5.07mg Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg Hesperetin: 15.53mg, Hesperetin: 15.53mg, Hesperetin: 15.53mg, Hesperetin: 15.53mg Naringenin: 2.79mg, Naringenin: 2.79mg, Naringenin: 2.79mg, Naringenin: 2.79mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

# Nutrients (% of daily need)

Calories: 531.53kcal (26.58%), Fat: 1.09g (1.68%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 48.33g (16.11%), Net Carbohydrates: 42.07g (15.3%), Sugar: 35.05g (38.94%), Cholesterol: 0mg (0%), Sodium: 57.26mg (2.49%), Alcohol: 47.88g (100%), Alcohol %: 5.28% (100%), Protein: 3.1g (6.21%), Vitamin C: 163.62mg (198.32%), Manganese: 1.32mg (66%), Potassium: 1279.09mg (36.55%), Magnesium: 126.11mg (31.53%), Folate: 101.42µg (25.36%), Fiber: 6.26g (25.04%), Iron: 4.38mg (24.32%), Vitamin B6: 0.38mg (19.09%), Phosphorus: 185.16mg (18.52%), Copper: 0.3mg (14.94%), Vitamin B1: 0.19mg (12.75%), Calcium: 125.19mg (12.52%), Vitamin B3: 2.15mg (10.74%), Vitamin B2: 0.17mg (10.27%), Zinc: 1.15mg (7.65%), Vitamin K: 7.04µg (6.7%), Vitamin E: 0.91mg (6.07%), Vitamin B5: 0.59mg (5.94%), Vitamin A: 224.38IU (4.49%), Selenium: 2.37µg (3.39%)