



Champagne Blossom Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



208 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 750 milliliter champagne chilled
- ☐ 750 milliliter cooking wine dry white chilled
- ☐ 0.3 cup lemonade concentrate frozen undiluted thawed
- ☐ 0.3 cup orange juice concentrate frozen undiluted thawed

Equipment

Directions

- ☐
- Stir together all ingredients.
- ☐
- Serve immediately over ice.
- ☐
- NOTE: For testing purposes only, we used Riesling for dry white wine.

Nutrition Facts

PROTEIN 3.59% FAT 1.52% CARBS 94.89%

Properties

Glycemic Index:2.5, Glycemic Load:0.49, Inflammation Score:-7, Nutrition Score:4.1399999986524%

Flavonoids

Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 207.75kcal (10.39%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 15.04g (5.47%), Sugar: 11.72g (13.03%), Cholesterol: 0mg (0%), Sodium: 16.86mg (0.73%), Alcohol: 21.04g (100%), Alcohol %: 9.62% (100%), Protein: 0.58g (1.15%), Vitamin C: 24.17mg (29.3%), Potassium: 306.1mg (8.75%), Manganese: 0.16mg (7.86%), Magnesium: 31.36mg (7.84%), Vitamin B6: 0.13mg (6.57%), Phosphorus: 51.84mg (5.18%), Iron: 0.9mg (5.01%), Folate: 15.35µg (3.84%), Vitamin B2: 0.06mg (3.48%), Vitamin B1: 0.05mg (3.45%), Calcium: 29.32mg (2.93%), Vitamin B3: 0.44mg (2.22%), Zinc: 0.28mg (1.87%), Vitamin B5: 0.16mg (1.57%), Copper: 0.03mg (1.47%), Vitamin A: 59.8IU (1.2%)