



Champagne Cocktail

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



16

CALORIES



175 kcal

BEVERAGE

DRINK

Ingredients

- 750 milliliter champagne
- 1 quart pink lemonade kool-aid prepared
- 1 quart whipped cream

Equipment

- bowl

Directions

- Place the softened ice cream into a punch bowl.
- Pour in lemonade and champagne. Stir briefly then serve.

Nutrition Facts

PROTEIN 5.43% **FAT 37.78%** **CARBS 56.79%**

Properties

Glycemic Index:7.84, Glycemic Load:13.1, Inflammation Score:-3, Nutrition Score:2.603478246409%

Nutrients (% of daily need)

Calories: 175.35kcal (8.77%), Fat: 6.51g (10.01%), Saturated Fat: 4.02g (25.1%), Carbohydrates: 22.01g (7.34%), Net Carbohydrates: 21.59g (7.85%), Sugar: 20.07g (22.3%), Cholesterol: 26.02mg (8.67%), Sodium: 54.34mg (2.36%), Alcohol: 2.99g (100%), Alcohol %: 2.3% (100%), Protein: 2.1g (4.21%), Vitamin B2: 0.15mg (8.63%), Calcium: 79.92mg (7.99%), Phosphorus: 69.12mg (6.91%), Vitamin A: 249.01IU (4.98%), Potassium: 158.85mg (4.54%), Vitamin B12: 0.23µg (3.84%), Vitamin B5: 0.34mg (3.44%), Magnesium: 12.96mg (3.24%), Zinc: 0.45mg (2.97%), Vitamin B6: 0.04mg (1.89%), Fiber: 0.41g (1.66%), Selenium: 1.16µg (1.65%), Vitamin B1: 0.02mg (1.62%), Iron: 0.24mg (1.33%), Vitamin E: 0.18mg (1.18%)