



Champagne Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



16

CALORIES



84 kcal

BEVERAGE

DRINK

Ingredients

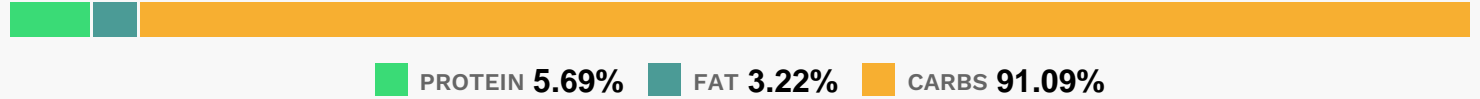
- 4 cups orange juice
- 1 cup grapefruit juice red
- 0.5 cup juice of lemon
- 0.5 cup juice of lime
- 1500 milliliters champagne chilled
- 1 slices lime

Equipment

Directions

- In a 3-qt. pitcher, combine the juices. Refrigerate until chilled. Just before serving, stir in Champagne.
- Serve in Champagne glasses. If desired, garnish with lime slices.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:4.08, Inflammation Score:-5, Nutrition Score:4.0643477689313%

Flavonoids

Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 9.38mg, Hesperetin: 9.38mg, Hesperetin: 9.38mg, Hesperetin: 9.38mg Naringenin: 1.48mg, Naringenin: 1.48mg, Naringenin: 1.48mg, Naringenin: 1.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 84.21kcal (4.21%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 10.39g (3.46%), Net Carbohydrates: 10.18g (3.7%), Sugar: 8.23g (9.15%), Cholesterol: 0mg (0%), Sodium: 7.7mg (0.33%), Alcohol: 5.99g (100%), Alcohol %: 4.08% (100%), Protein: 0.65g (1.3%), Vitamin C: 40.31mg (48.87%), Potassium: 247.34mg (7.07%), Folate: 22.15µg (5.54%), Magnesium: 18.74mg (4.68%), Vitamin B1: 0.06mg (3.98%), Iron: 0.57mg (3.18%), Phosphorus: 27.94mg (2.79%), Vitamin A: 129.49IU (2.59%), Vitamin B6: 0.05mg (2.5%), Copper: 0.04mg (2.06%), Vitamin B3: 0.4mg (2.02%), Calcium: 18.08mg (1.81%), Vitamin B2: 0.03mg (1.78%), Vitamin B5: 0.15mg (1.53%)