



Champagne Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



20

CALORIES



147 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1500 milliliter champagne chilled
- ☐ 2 cups cranberry juice cocktail
- ☐ 375 milliliter vin santo
- ☐ 20 servings ice ring
- ☐ 1 cup juice of lemon
- ☐ 12 ounce orange juice concentrate frozen thawed canned
- ☐ 1 cup sugar

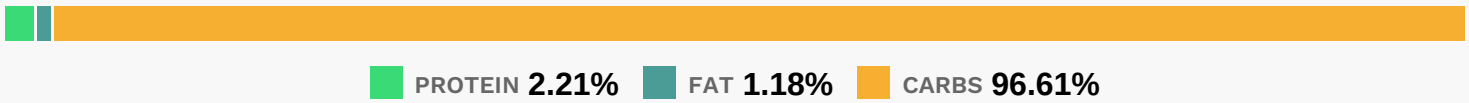
Equipment

☐ bowl

Directions

- ☐ Combine first 4 ingredients, stirring well; chill at least 8 hours.
- ☐ Pour juice mixture into a chilled punch bowl. Gently stir in
- ☐ Sauterne and Champagne just before serving. Float Ice Ring, fruit side up, in punch.
- ☐ *Either (375 ml) Bonny Doon, Vin de Glacire or (375 ml) Quady, Electra may be substituted.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:9.03, Inflammation Score:-5, Nutrition Score:3.9604347970175%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 1.26mg, Petunidin: 1.26mg, Petunidin: 1.26mg, Petunidin: 1.26mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Malvidin: 18.04mg, Malvidin: 18.04mg, Malvidin: 18.04mg, Malvidin: 18.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 147.11kcal (7.36%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 23.48g (8.54%), Sugar: 20.69g (22.99%), Cholesterol: 0mg (0%), Sodium: 11.67mg (0.51%), Alcohol: 7.7g (100%), Alcohol %: 4.55% (100%), Protein: 0.54g (1.08%), Vitamin C: 40.09mg (48.59%), Potassium: 206.63mg (5.9%), Magnesium: 16.69mg (4.17%), Folate: 16.29µg (4.07%), Vitamin B1: 0.05mg (3.54%), Vitamin B6: 0.06mg (3.24%), Vitamin B2: 0.04mg (2.61%), Phosphorus: 24.54mg (2.45%), Iron: 0.44mg (2.45%), Manganese: 0.04mg (2.24%), Copper: 0.04mg (2.05%), Calcium: 17.99mg (1.8%), Vitamin B3: 0.32mg (1.61%), Vitamin A: 67.22IU (1.34%), Vitamin B5: 0.13mg (1.3%), Vitamin E: 0.18mg (1.17%)