



## Champagne Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



162 kcal

BEVERAGE

DRINK

### Ingredients

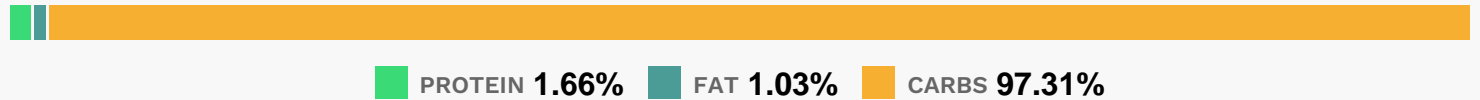
- 0.8 liters champagne chilled
- 0.3 cup simple syrup glaze chilled
- 2 tablespoons orange juice chilled
- 0.3 cup blueberries chilled
- 0.3 cup raspberries chilled
- 2 slices orange sections chilled
- 2 cups ice cubes
- 1 serving lime wedges for garnish

# Equipment

## Directions

- In pitcher, mix all ingredients except orange wedges. Cover and refrigerate 20 minutes.
- Just before serving, stir and pour into 4 glasses garnished with orange wedges.

## Nutrition Facts



## Properties

Glycemic Index:48.13, Glycemic Load:1.03, Inflammation Score:-5, Nutrition Score:2.7921739168789%

## Flavonoids

Cyanidin: 4.22mg, Cyanidin: 4.22mg, Cyanidin: 4.22mg, Cyanidin: 4.22mg Petunidin: 2.94mg, Petunidin: 2.94mg, Petunidin: 2.94mg, Petunidin: 2.94mg Delphinidin: 3.38mg, Delphinidin: 3.38mg, Delphinidin: 3.38mg, Delphinidin: 3.38mg Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 161.61kcal (8.08%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 20.05g (7.29%), Sugar: 19.59g (21.76%), Cholesterol: 0mg (0%), Sodium: 31.48mg (1.37%), Alcohol: 11.97g (100%), Alcohol %: 4.31% (100%), Protein: 0.36g (0.71%), Vitamin C: 7.45mg (9.03%), Iron: 1.6mg (8.91%), Magnesium: 25.2mg (6.3%), Potassium: 214.47mg (6.13%), Manganese: 0.08mg (4.13%), Phosphorus: 34.59mg (3.46%), Copper: 0.06mg (2.99%), Fiber: 0.75g (2.98%), Vitamin B1: 0.04mg (2.76%), Calcium: 26.77mg (2.68%), Vitamin B6: 0.05mg (2.51%), Vitamin B2: 0.04mg (2.4%), Vitamin K: 2.38µg (2.27%), Zinc: 0.25mg (1.68%), Folate: 6.72µg (1.68%), Vitamin B3: 0.33mg (1.64%)