



Champagne Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



204 kcal

BEVERAGE

DRINK

Ingredients

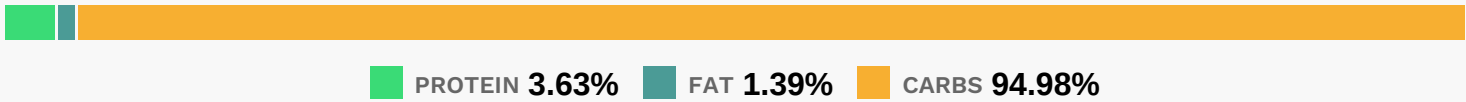
- ☐ 0.3 cup blueberries chilled
- ☐ 0.8 liters champagne chilled
- ☐ 2 cups ice cubes
- ☐ 2 slices orange sections chilled
- ☐ 4 servings cranberry-orange relish for garnish
- ☐ 2 tablespoons orange juice chilled
- ☐ 0.3 cup raspberries chilled
- ☐ 0.3 cup simple syrup glaze chilled

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:50.75, Glycemic Load:4.62, Inflammation Score:-7, Nutrition Score:7.5047827959061%

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: 25.68mg, Hesperetin: 25.68mg, Hesperetin: 25.68mg, Hesperetin: 25.68mg Naringenin: 14.05mg, Naringenin: 14.05mg, Naringenin: 14.05mg, Naringenin: 14.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 203.84kcal (10.19%), Fat: 0.2g (0.32%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 31.39g (10.46%), Net Carbohydrates: 28.49g (10.36%), Sugar: 28g (31.11%), Cholesterol: 0mg (0%), Sodium: 31.48mg (1.37%), Alcohol: 11.97g (100%), Alcohol %: 3.43% (100%), Protein: 1.2g (2.4%), Vitamin C: 55.26mg (66.98%), Fiber: 2.9g (11.59%), Potassium: 377.11mg (10.77%), Iron: 1.69mg (9.4%), Magnesium: 34.18mg (8.55%), Folate: 33.7µg (8.43%), Vitamin B1: 0.12mg (7.97%), Calcium: 62.69mg (6.27%), Manganese: 0.11mg (5.26%), Vitamin B6: 0.1mg (5.2%), Copper: 0.1mg (5.01%), Phosphorus: 47.14mg (4.71%), Vitamin A: 228.1IU (4.56%), Vitamin B2: 0.08mg (4.51%), Vitamin B3: 0.58mg (2.9%), Vitamin B5: 0.28mg (2.79%), Vitamin K: 2.38µg (2.27%), Zinc: 0.32mg (2.1%), Vitamin E: 0.28mg (1.9%),

Selenium: 1.01µg (1.44%)