



Champagne Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



228 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 750 ml champagne chilled
- ☐ 0.3 cup cognac
- ☐ 1 cup cooking wine dry white
- ☐ 1 optional: lemon cut into 1/2-inch pieces
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 lime cut into 1/2-inch pieces
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup mint leaves packed

- ☐ 1 navel oranges cut into 1/2-inch pieces
- ☐ 1.5 cups grapefruit juice fresh red (preferably pink or ruby)
- ☐ 0.5 cup sugar
- ☐ 0.5 cup water
- ☐ 1 cup grape juice white

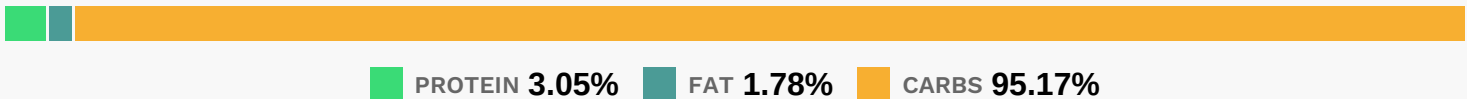
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring sugar and water to a boil in a small saucepan, stirring until sugar has dissolved, then transfer to a bowl and cool syrup completely (or quick-chill by setting bowl in an ice bath and stirring occasionally until cool).
- ☐ Stir together juices, wine, Cognac, mint, fruit, and cooled syrup in a large pitcher. Chill, covered, until cold, about 1 hour. Stir in Champagne.
- ☐ ·Syrup can be chilled up to 1 week.·Punch, without Champagne, can be made 3 hours ahead and chilled, covered.
- ☐ Add Champagne just before serving.

Nutrition Facts



Properties

Glycemic Index:27.57, Glycemic Load:11.98, Inflammation Score:-6, Nutrition Score:5.3304348302924%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 0.32mg, Petunidin: 0.32mg, Petunidin: 0.32mg, Petunidin: 0.32mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Malvidin: 3.61mg, Malvidin: 3.61mg, Malvidin: 3.61mg, Malvidin: 3.61mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Eriodictyol: 4.29mg, Eriodictyol: 4.29mg, Eriodictyol: 4.29mg, Eriodictyol: 4.29mg

Eriodictyol: 4.29mg, Eriodictyol: 4.29mg Hesperetin: 13.76mg, Hesperetin: 13.76mg, Hesperetin: 13.76mg, Hesperetin: 13.76mg Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 227.9kcal (11.4%), Fat: 0.26g (0.4%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 31.2g (10.4%), Net Carbohydrates: 29.82g (10.84%), Sugar: 25.32g (28.13%), Cholesterol: 0mg (0%), Sodium: 11.37mg (0.49%), Alcohol: 15.39g (100%), Alcohol %: 6.65% (100%), Protein: 1g (2%), Vitamin C: 37.98mg (46.04%), Manganese: 0.27mg (13.45%), Potassium: 282.72mg (8.08%), Magnesium: 27.07mg (6.77%), Vitamin B6: 0.11mg (5.55%), Fiber: 1.38g (5.53%), Iron: 0.91mg (5.07%), Phosphorus: 43.53mg (4.35%), Calcium: 41mg (4.1%), Folate: 15.73µg (3.93%), Vitamin A: 179.72IU (3.59%), Vitamin B2: 0.05mg (2.9%), Vitamin B1: 0.04mg (2.53%), Vitamin B3: 0.48mg (2.41%), Vitamin B5: 0.23mg (2.34%), Copper: 0.05mg (2.26%), Zinc: 0.29mg (1.96%)