



Champagne Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



228 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoon brandy
- ☐ 3 teaspoon grenadine syrup
- ☐ 2 servings seasonal fruit as garnish
- ☐ 1.8 cup sparkling wine
- ☐ 3 tablespoon cointreau
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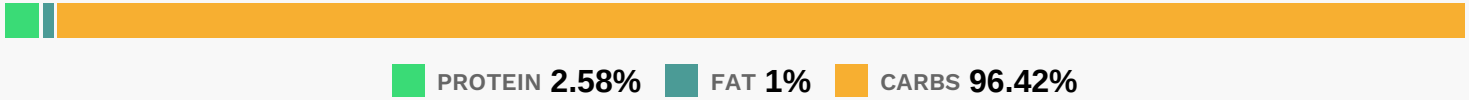
Equipment

- ☐ ladle

Directions

- ☐ Fill a small ice bucket halfway with ice.
- ☐ Pour grenadine, Cointreau, brandy, and champagne over ice. Stir gently, and ladle punch into 2 wide-mouthed stemmed glasses.
- ☐ Garnish punch with orange slice, raspberries, apples, or any other fruit in season.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:6.02, Inflammation Score:-7, Nutrition Score:3.2208695489427%

Nutrients (% of daily need)

Calories: 227.5kcal (11.38%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 25.8g (8.6%), Net Carbohydrates: 23.9g (8.69%), Sugar: 19.9g (22.11%), Cholesterol: 0mg (0%), Sodium: 22.96mg (1%), Alcohol: 18.23g (100%), Alcohol %: 6.62% (100%), Protein: 0.69g (1.38%), Potassium: 290.01mg (8.29%), Fiber: 1.9g (7.58%), Vitamin A: 357.87IU (7.16%), Magnesium: 26.93mg (6.73%), Iron: 1.2mg (6.69%), Copper: 0.12mg (5.85%), Vitamin K: 5.45µg (5.19%), Phosphorus: 46.15mg (4.62%), Vitamin B3: 0.67mg (3.36%), Vitamin C: 2.61mg (3.16%), Vitamin B6: 0.06mg (3.02%), Vitamin B2: 0.05mg (2.98%), Calcium: 25.05mg (2.51%), Zinc: 0.29mg (1.93%), Manganese: 0.03mg (1.73%), Folate: 4.43µg (1.11%), Vitamin B1: 0.02mg (1.01%)