



Champagne Punch III



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



10 min.

SERVINGS



35

CALORIES



83 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 liter carbonated water chilled
- ☐ 1500 milliliter champagne chilled
- ☐ 0.5 cup mint leaves fresh
- ☐ 12 fluid ounce cranberry juice cocktail concentrate frozen canned
- ☐ 1 optional: lemon sliced for garnish
- ☐ 12 fluid ounce pink lemonade concentrate frozen canned
- ☐ 6 ounce limeade concentrate frozen canned
- ☐ 750 milliliter white wine chilled

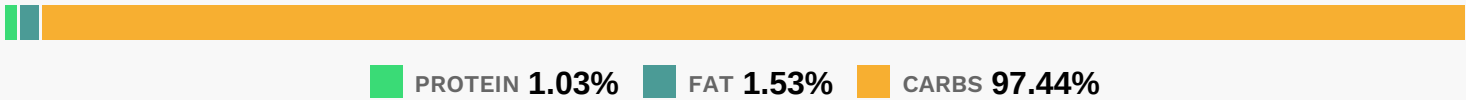
Equipment

☐ bowl

Directions

- ☐ In large punch bowl, combine the cranberry juice concentrate, pink lemonade concentrate, limeade concentrate, white wine, club soda and champagne.
- ☐ Garnish with lemon slices and fresh mint leaves.

Nutrition Facts



Properties

Glycemic Index:1.16, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:1.2434782395544%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 82.89kcal (4.14%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 12.21g (4.44%), Sugar: 10.24g (11.38%), Cholesterol: 0mg (0%), Sodium: 11.6mg (0.5%), Alcohol: 4.97g (100%), Alcohol %: 5.17% (100%), Protein: 0.13g (0.26%), Vitamin C: 7.96mg (9.65%), Manganese: 0.05mg (2.49%), Magnesium: 8.81mg (2.2%), Potassium: 74.3mg (2.12%), Iron: 0.32mg (1.8%), Vitamin B6: 0.03mg (1.5%), Phosphorus: 12.55mg (1.26%), Calcium: 11.52mg (1.15%)