



Champagne Punch IV

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



60

CALORIES



76 kcal

BEVERAGE

DRINK

Ingredients

- 32 fluid ounce seltzer water chilled flavored
- 4 liter lemon lime soda chilled flavored
- 2 cups simple syrup glaze chilled
- 64 fluid ounce grape juice white chilled

Equipment

- bowl

Directions

In a large punch bowl, mix together simple syrup, carbonated water, white grape juice and lemon-lime soda.

Nutrition Facts

PROTEIN 0.88% **FAT 0.46%** **CARBS 98.66%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.63695651697724%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 0.32mg, Petunidin: 0.32mg, Petunidin: 0.32mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Malvidin: 3.52mg, Malvidin: 3.52mg, Malvidin: 3.52mg, Malvidin: 3.52mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.33mg, Peonidin: 0.33mg, Peonidin: 0.33mg, Peonidin: 0.33mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 76.41kcal (3.82%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 19.74g (7.18%), Sugar: 19.48g (21.64%), Cholesterol: 0mg (0%), Sodium: 18.05mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.98mg (3.33%), Protein: 0.18g (0.35%), Manganese: 0.08mg (3.78%), Iron: 0.5mg (2.77%), Vitamin B1: 0.02mg (1.33%), Magnesium: 5.1mg (1.28%), Potassium: 40.86mg (1.17%)