

Citrusy Champagne Punch



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



155 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup cognac
- ☐ 1 slices optional: lemon
- ☐ 1 cup juice of lemon fresh (12 lemons)
- ☐ 1 cup pear liqueur orange-flavored
- ☐ 0.8 cup pineapple juice
- ☐ 750 ml sparkling wine dry chilled
- ☐ 0.3 cup caster sugar

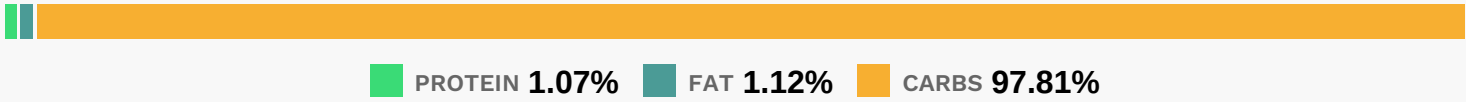
Equipment

☐ bowl

Directions

- ☐ In pitcher, mix lemon juice, orange liqueur, pineapple juice, cognac and sugar. Refrigerate until serving time.
- ☐ To serve, pour mixture into punch bowl. Stir in champagne.
- ☐ Garnish with lemon and orange slices.

Nutrition Facts



Properties

Glycemic Index:13.05, Glycemic Load:3.78, Inflammation Score:-3, Nutrition Score:1.4665217308894%

Flavonoids

Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 3.11mg, Hesperetin: 3.11mg, Hesperetin: 3.11mg, Hesperetin: 3.11mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 154.67kcal (7.73%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 15.98g (5.33%), Net Carbohydrates: 15.87g (5.77%), Sugar: 14.55g (16.16%), Cholesterol: 0mg (0%), Sodium: 5.02mg (0.22%), Alcohol: 15.29g (100%), Alcohol %: 14.69% (100%), Protein: 0.17g (0.35%), Vitamin C: 9.65mg (11.7%), Manganese: 0.08mg (3.95%), Potassium: 96.07mg (2.74%), Magnesium: 9.27mg (2.32%), Vitamin B6: 0.04mg (1.86%), Folate: 7.41µg (1.85%), Iron: 0.32mg (1.78%), Phosphorus: 12.65mg (1.27%), Copper: 0.02mg (1.14%)