



Drink the Book: Champagne Cup



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



12

CALORIES



67 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 ounces brandy
- ☐ 1 jar cherries
- ☐ 1 cucumber
- ☐ 1 cranberry-orange relish
- ☐ 2 ounces pear liqueur
- ☐ 1 small pineapple rings canned
- ☐ 1 bottle sparkling wine

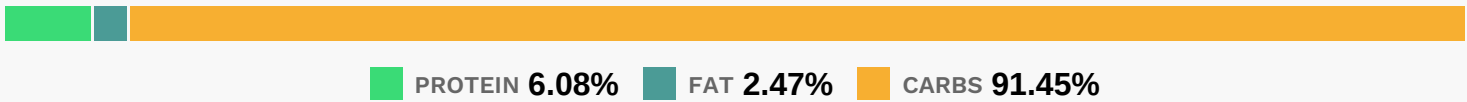
Equipment

- ☐ loaf pan
- ☐ peeler

Directions

- ☐ At least four hours before the party, pour water into an 8-inch x 4-inch container or loaf pan until about one inch deep. Freeze completely.
- ☐ Prepare the punch just before serving. Slice three 1/4-inch thick rounds from the orange. Save remaining orange for another purpose.
- ☐ If using fresh pineapple, trim away the skin and top and slice three 1/2-inch thick rounds. If using canned pineapple, remove three slices from the can. Save remaining pineapple for another purpose.
- ☐ Using a vegetable peeler, remove three slices of peel lengthwise down the cucumber.
- ☐ Dislodge the ice from its mold and place it in a pitcher.
- ☐ Add the orange and pineapple slices, a handful of drained cherries and the strips of cucumber peel.
- ☐ Add the Benedictine and brandy to the pitcher. Top with the bottle of sparkling wine and stir to combine.
- ☐ Garnish with the sprigs of mint if desired and serve.

Nutrition Facts



Properties

Glycemic Index:7.88, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:1.4621738933999%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 67.15kcal (3.36%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0.03%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 4g (1.46%), Sugar: 3.95g (4.38%), Cholesterol: 0mg (0%), Sodium: 4.92mg (0.21%), Alcohol: 7.48g (100%), Alcohol %: 8.78% (100%), Protein: 0.3g (0.59%), Vitamin C: 6.62mg (8.03%), Potassium: 109.14mg (3.12%), Magnesium: 10.36mg (2.59%), Folate: 7.41µg (1.85%), Iron: 0.32mg (1.77%), Fiber: 0.44g (1.76%), Vitamin K: 1.8µg (1.72%), Phosphorus: 16.37mg (1.64%), Vitamin B6: 0.03mg (1.6%), Copper: 0.03mg (1.53%), Calcium: 13.52mg (1.35%), Vitamin B1: 0.02mg (1.18%), Manganese: 0.02mg (1.09%), Vitamin B2: 0.02mg (1.01%)