



Eyeball Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



286 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 pint blueberries
- ☐ 1500 ml champagne dry chilled
- ☐ 1.3 cups juice of lemon fresh
- ☐ 2 lemons thinly sliced for garnish
- ☐ 1 cup orange liqueur
- ☐ 0.3 cup raspberry liqueur
- ☐ 0.5 cup sugar fine
- ☐ 1 qt water

☐ 8 servings food coloring yellow

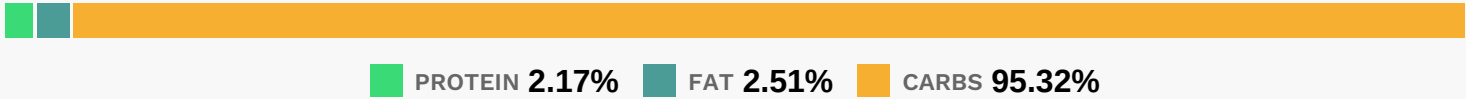
Equipment

☐ bowl

Directions

- ☐ Place 1 blueberry in each compartment of iceball tray.
- ☐ Mix 1 qt. water with few drops of food coloring. Fill tray; freeze.
- ☐ Combine lemon juice, sugar, and orange and raspberry liqueurs in a nonreactive pitcher; stir until sugar is dissolved. Chill, covered, for 1 hour.
- ☐ Pour lemon juice mixture into punch bowl.
- ☐ Add Champagne and stir to combine.
- ☐ Add lemon slices and frozen blueberry eyeballs to bowl.
- ☐ Serve in stemmed glasses.

Nutrition Facts



Properties

Glycemic Index:16.95, Glycemic Load:10.61, Inflammation Score:-7, Nutrition Score:4.7978260763313%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Petunidin: 9.32mg, Petunidin: 9.32mg, Petunidin: 9.32mg, Petunidin: 9.32mg Delphinidin: 10.48mg, Delphinidin: 10.48mg, Delphinidin: 10.48mg, Delphinidin: 10.48mg Malvidin: 19.99mg, Malvidin: 19.99mg, Malvidin: 19.99mg, Malvidin: 19.99mg Peonidin: 6mg, Peonidin: 6mg, Peonidin: 6mg, Peonidin: 6mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 7.63mg, Eriodictyol: 7.63mg, Eriodictyol: 7.63mg, Eriodictyol: 7.63mg Hesperetin: 13.05mg, Hesperetin: 13.05mg, Hesperetin: 13.05mg, Hesperetin: 13.05mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 286.42kcal (14.32%), Fat: 0.42g (0.65%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 35.95g (11.98%), Net Carbohydrates: 34.37g (12.5%), Sugar: 31.08g (34.53%), Cholesterol: 0mg (0%), Sodium: 23.3mg (1.01%), Alcohol: 21.56g (100%), Alcohol %: 6.07% (100%), Caffeine: 9.59mg (3.2%), Protein: 0.82g (1.63%), Vitamin C: 31.93mg (38.71%), Potassium: 275.2mg (7.86%), Magnesium: 27.21mg (6.8%), Fiber: 1.58g (6.32%), Manganese: 0.12mg (5.94%), Iron: 1.05mg (5.84%), Vitamin K: 5.71µg (5.44%), Vitamin B6: 0.09mg (4.6%), Copper: 0.09mg (4.4%), Phosphorus: 41.19mg (4.12%), Folate: 14.24µg (3.56%), Calcium: 31.96mg (3.2%), Vitamin B2: 0.05mg (2.87%), Vitamin B1: 0.03mg (2.16%), Vitamin B3: 0.43mg (2.13%), Vitamin E: 0.27mg (1.78%), Zinc: 0.26mg (1.71%), Vitamin B5: 0.14mg (1.38%), Selenium: 0.74µg (1.05%)