

French 75 Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



307 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups wine dry white dry chilled
- ☐ 2 cups hendrick's gin dry such as tanqueray)
- ☐ 1 cup juice of lemon freshly squeezed
- ☐ 8 cranberry-orange relish for garnish
- ☐ 0.5 teaspoon orange bitters

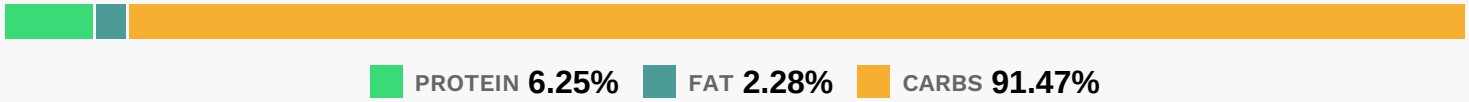
Equipment

- ☐ bowl
- ☐ ladle

Directions

- ☐ In a punch bowl, combine the gin, lemon juice, simple syrup, and bitters and stir until thoroughly blended.
- ☐ Just before serving, pour in the Champagne and stir gently.
- ☐ Add the ice and garnish with the orange wheels.
- ☐ To serve, ladle into punch glasses.
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Nutrition Facts



Properties

Glycemic Index:9.06, Glycemic Load:5.7, Inflammation Score:-8, Nutrition Score:8.9795651267404%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 40.59mg, Hesperetin: 40.59mg, Hesperetin: 40.59mg, Hesperetin: 40.59mg Naringenin: 20.95mg, Naringenin: 20.95mg, Naringenin: 20.95mg, Naringenin: 20.95mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 306.77kcal (15.34%), Fat: 0.23g (0.35%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 20.83g (6.94%), Net Carbohydrates: 17.59g (6.4%), Sugar: 14.21g (15.79%), Cholesterol: 0mg (0%), Sodium: 6.91mg (0.3%), Alcohol: 32.54g (100%), Alcohol %: 12.07% (100%), Protein: 1.42g (2.84%), Vitamin C: 81.5mg (98.78%), Fiber: 3.24g (12.94%), Folate: 46.6µg (11.65%), Potassium: 354.92mg (10.14%), Manganese: 0.19mg (9.38%), Vitamin B1: 0.13mg (8.73%), Vitamin B6: 0.15mg (7.66%), Magnesium: 26.93mg (6.73%), Calcium: 65.03mg (6.5%), Vitamin A: 296.58IU (5.93%), Vitamin B2: 0.08mg (4.55%), Phosphorus: 44.78mg (4.48%), Vitamin B5: 0.42mg (4.21%), Copper: 0.08mg (4.06%), Iron: 0.5mg (2.8%), Vitamin B3: 0.53mg (2.67%), Vitamin E: 0.28mg (1.88%), Zinc: 0.27mg (1.83%), Selenium: 0.81µg

(1.15%)