



Harvest Bowl Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



398 kcal

BEVERAGE

DRINK

Ingredients

- 1 quart apple juice chilled
- 1500 milliliter apple juice chilled
- 2 medium apples thinly sliced
- 2 medium optional: lemon thinly sliced
- 1 cup orange liqueur such as cointreau, chilled
- 1500 milliliter sparkling wine chilled
- 2 cups vodka chilled


Equipment

bowl

Directions

Place the apple cider, vodka, orange liqueur, apples, and lemons in a 7-quart punch bowl and stir gently to combine. Gently stir in the sparkling apple juice and sparkling wine or champagne (do not overmix or your punch will be flat). Float the ice block in the punch and serve immediately.

Nutrition Facts

 **PROTEIN 1.52%**  **FAT 2.53%**  **CARBS 95.95%**

Properties

Glycemic Index:15.4, Glycemic Load:13.08, Inflammation Score:-7, Nutrition Score:4.4317390763241%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 14.6mg, Epicatechin: 14.6mg, Epicatechin: 14.6mg, Epicatechin: 14.6mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 397.94kcal (19.9%), Fat: 0.52g (0.81%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 44.85g (14.95%), Net Carbohydrates: 42.87g (15.59%), Sugar: 37.88g (42.08%), Cholesterol: 0mg (0%), Sodium: 23.71mg (1.03%), Alcohol: 31.74g (100%), Alcohol %: 7.58% (100%), Caffeine: 6.14mg (2.05%), Protein: 0.71g (1.42%), Vitamin C: 15.39mg (18.65%), Potassium: 462.38mg (13.21%), Manganese: 0.21mg (10.48%), Magnesium: 31.81mg (7.95%), Fiber: 1.98g (7.93%), Iron: 1.09mg (6.07%), Vitamin B6: 0.11mg (5.37%), Phosphorus: 51.35mg (5.14%), Vitamin B1: 0.07mg (4.74%), Vitamin B2: 0.08mg (4.57%), Calcium: 41.65mg (4.17%), Copper: 0.08mg (3.94%), Vitamin B3: 0.42mg (2.11%), Vitamin B5: 0.19mg (1.87%), Zinc: 0.2mg (1.36%), Folate: 4.96µg (1.24%), Selenium: 0.71µg (1.01%)