



Homecoming Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



5 min.

SERVINGS



12

CALORIES



302 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups brandy
- 64 ounce cranberry juice cocktail chilled
- 1 bottle extra-dry sparkling wine chilled
- 4 cups ice cubes
- 12 ounce pink lemonade concentrate frozen thawed canned
- 12 ounce orange juice concentrate frozen thawed canned

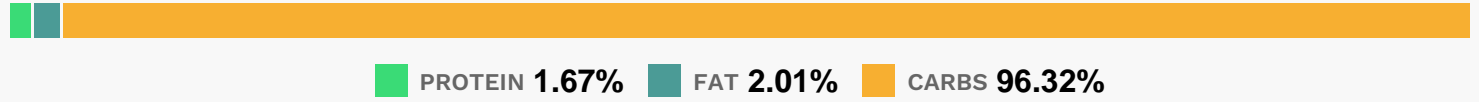
Equipment

- bowl

Directions

- Watch how to make this recipe.
- Combine all ingredients in a large pitcher or punch bowl with 4 cups of ice.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:12.25, Inflammation Score:-7, Nutrition Score:7.2030434997185%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.62mg, Peonidin: 0.62mg, Peonidin: 0.62mg, Peonidin: 0.62mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 302.19kcal (15.11%), Fat: 0.42g (0.65%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 45.27g (15.09%), Net Carbohydrates: 44.9g (16.33%), Sugar: 39.75g (44.16%), Cholesterol: 0mg (0%), Sodium: 15.71mg (0.68%), Alcohol: 17.36g (100%), Alcohol %: 5.65% (100%), Protein: 0.79g (1.57%), Vitamin C: 108.78mg (131.85%), Potassium: 275.7mg (7.88%), Folate: 24.44µg (6.11%), Vitamin B1: 0.09mg (5.74%), Magnesium: 20.46mg (5.11%), Manganese: 0.1mg (4.85%), Vitamin B6: 0.09mg (4.61%), Vitamin E: 0.53mg (3.52%), Vitamin B2: 0.06mg (3.38%), Phosphorus: 31.76mg (3.18%), Copper: 0.06mg (3.17%), Iron: 0.54mg (2.98%), Vitamin B5: 0.27mg (2.7%), Calcium: 25.28mg (2.53%), Vitamin A: 119.54IU (2.39%), Vitamin B3: 0.47mg (2.35%), Vitamin K: 1.68µg (1.6%), Fiber: 0.37g (1.47%), Zinc: 0.18mg (1.17%)