



James Beard's Champagne Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



141 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3000 ml champagne chilled (or prosecco or cava)
- ☐ 1500 ml cognac
- ☐ 20 slices cucumber thin
- ☐ 0.5 cup juice of lemon fresh (from 2 lemons)
- ☐ 4 lemon zest grated
- ☐ 2 cups orange juice fresh (from 6 oranges)
- ☐ 0.5 cup sugar
- ☐ 16 ounces frangelico

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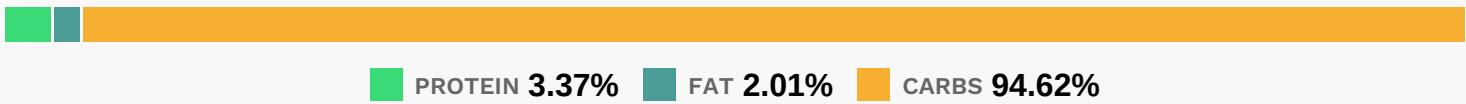
Equipment

bowl

Directions

- Gently stir together the sugar, lemon juice, orange juice, Cognac, Cointreau, Champagne, and lemon zest in a large punch bowl. Chill.
- Garnish the punch bowl with the cucumber slices, and set the bowl on a bed of crushed ice.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:2.41, Inflammation Score:-4, Nutrition Score:1.2830434979304%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 1.92mg, Hesperetin: 1.92mg, Hesperetin: 1.92mg, Hesperetin: 1.92mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 141.11kcal (7.06%), Fat: 0.05g (0.07%), Saturated Fat: 0g (0.03%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 4.91g (1.79%), Sugar: 4.55g (5.05%), Cholesterol: 0mg (0%), Sodium: 5.9mg (0.26%), Alcohol: 17.49g (100%), Alcohol %: 16.44% (100%), Protein: 0.18g (0.36%), Vitamin C: 8.27mg (10.02%), Potassium: 100.31mg (2.87%), Magnesium: 9.54mg (2.38%), Iron: 0.36mg (1.97%), Phosphorus: 15.9mg (1.59%), Folate: 5.65µg (1.41%), Copper: 0.03mg (1.27%), Vitamin B6: 0.02mg (1.23%), Vitamin B1: 0.02mg (1.04%)