



Juicy Fruit Punch with Champagne



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



108 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 fluid ounces apple juice
- ☐ 2 fluid ounces champagne
- ☐ 4 fluid ounces 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 2 fluid ounces lemon-lime carbonated beverage flavored
- ☐ 4 fluid ounces orange juice fresh
- ☐ 2 tablespoons pineapple juice
- ☐ 0.3 cup strawberries frozen sliced

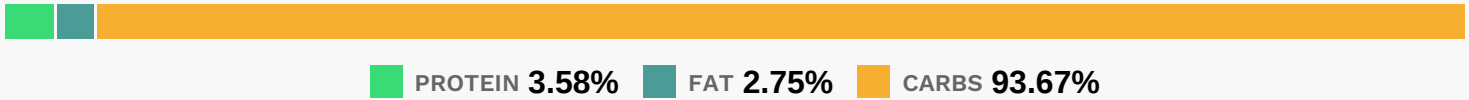
Equipment

bowl

Directions

- In a bowl or pitcher, combine the orange, cranberry, apple and pineapple juices.
- Pour in the lemon–lime flavored carbonated beverage, champagne, and frozen strawberries.
Wait a minute or two for the strawberries to moisten up, then pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:117.38, Glycemic Load:9.76, Inflammation Score:–4, Nutrition Score:5.6104347770629%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 7.07mg, Hesperetin: 7.07mg, Hesperetin: 7.07mg, Hesperetin: 7.07mg Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 107.74kcal (5.39%), Fat: 0.31g (0.47%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 23.45g (7.82%), Net Carbohydrates: 22.82g (8.3%), Sugar: 20.7g (23%), Cholesterol: 0mg (0%), Sodium: 8.46mg (0.37%), Alcohol: 1.89g (100%), Alcohol %: 1% (100%), Caffeine: 4.44mg (1.48%), Protein: 0.9g (1.79%), Vitamin C: 47.42mg (57.48%), Manganese: 0.18mg (8.76%), Potassium: 267.04mg (7.63%), Folate: 25.65µg (6.41%), Vitamin E: 0.79mg (5.28%), Vitamin B1: 0.08mg (5.19%), Magnesium: 18.92mg (4.73%), Vitamin B6: 0.09mg (4.46%), Copper: 0.08mg (4.22%), Vitamin K: 3.52µg (3.35%), Iron: 0.55mg (3.03%), Phosphorus: 29.77mg (2.98%), Vitamin A: 148.IIU (2.96%), Vitamin B2: 0.04mg (2.56%), Fiber: 0.63g (2.51%), Vitamin B3: 0.45mg (2.23%), Calcium: 21.68mg (2.17%), Vitamin B5: 0.16mg (1.58%), Zinc: 0.16mg (1.09%)