



La Patria Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



20

CALORIES



117 kcal

BEVERAGE

DRINK

Ingredients

- 750 milliliter cognac
- 1 large ice cubes
- 2 cranberry-orange relish cut into slices
- 1 pineapple whole cut into 1-inch cubes
- 3 bottles sparkling wine chilled

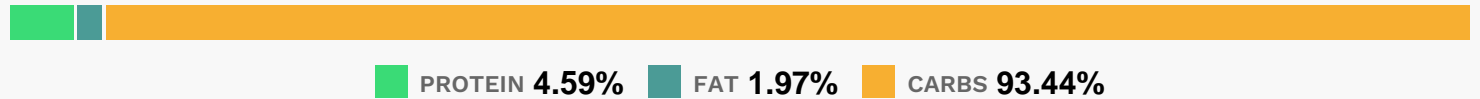
Equipment

- bowl

Directions

- minutes before serving, place orange slices and pineapple cubes in a large punch bowl. Top with cognac.
- When ready to serve, add sparkling wine and stir gently.
- Add large ice block.
- Serve in ice-filled punch glasses.

Nutrition Facts



Properties

Glycemic Index:5.81, Glycemic Load:3.63, Inflammation Score:-3, Nutrition Score:3.7004346795704%

Flavonoids

Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 116.73kcal (5.84%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 6.53g (2.37%), Sugar: 5.68g (6.32%), Cholesterol: 0mg (0%), Sodium: 0.88mg (0.04%), Alcohol: 12.72g (100%), Alcohol %: 16.57% (100%), Protein: 0.37g (0.74%), Vitamin C: 28.6mg (34.67%), Manganese: 0.43mg (21.48%), Fiber: 0.95g (3.79%), Vitamin B1: 0.05mg (3.3%), Copper: 0.06mg (3.19%), Folate: 12.08µg (3.02%), Vitamin B6: 0.06mg (2.95%), Potassium: 73.93mg (2.11%), Magnesium: 6.76mg (1.69%), Vitamin B3: 0.27mg (1.34%), Vitamin B5: 0.13mg (1.29%), Vitamin B2: 0.02mg (1.25%), Calcium: 11.16mg (1.12%), Vitamin A: 55.72IU (1.11%)