

Mock Champagne

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



40

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 liter ginger ale chilled
- 46 fluid ounce pineapple juice chilled canned
- 64 fluid ounce grape juice white chilled

Equipment

- bowl
- cake form

Directions

- To make Ice ring: Fill a ring-shaped cake pan to 1/2 with ginger ale. Freeze until partially frozen. At this stage you can place edible flowers, or pieces of fruit around the ring. Fill pan with ginger ale and freeze until solid.
- Place in punch bowl just before serving.
- In a large punch bowl, combine 1 bottle ginger ale, pineapple juice and white grape juice.

Nutrition Facts

PROTEIN 1.61% **FAT 1.03%** **CARBS 97.36%**

Properties

Glycemic Index:1.58, Glycemic Load:5.51, Inflammation Score:-1, Nutrition Score:1.4995652387%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Petunidin: 0.48mg, Petunidin: 0.48mg, Petunidin: 0.48mg, Petunidin: 0.48mg Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg Malvidin: 5.28mg, Malvidin: 5.28mg, Malvidin: 5.28mg, Malvidin: 5.28mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 82.71kcal (4.14%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 21.02g (7.01%), Net Carbohydrates: 20.48g (7.45%), Sugar: 20.45g (22.72%), Cholesterol: 0mg (0%), Sodium: 9.69mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Manganese: 0.13mg (6.3%), Vitamin C: 3.24mg (3.93%), Copper: 0.06mg (3.14%), Vitamin B1: 0.04mg (2.85%), Magnesium: 10.83mg (2.71%), Potassium: 92.37mg (2.64%), Iron: 0.39mg (2.18%), Fiber: 0.54g (2.15%), Vitamin B6: 0.04mg (2.03%), Calcium: 13.64mg (1.36%)