



Montgomery Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



580 min.

SERVINGS



15

CALORIES



211 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup brandy
- ☐ 375 milliliter vin santo chilled (such as Sauternes)
- ☐ 15 servings ice cubes
- ☐ 2 cups juice of lemon fresh
- ☐ 1 slices optional: lemon
- ☐ 1500 milliliter sparkling wine chilled
- ☐ 1.5 cups sugar

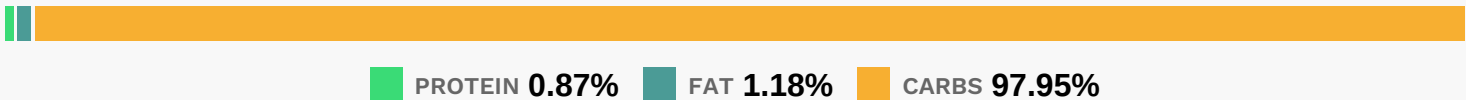
Equipment

bowl

Directions

- Stir together first 2 ingredients until sugar dissolves. Stir in brandy.
- Pour over Ice Ring in a punch bowl. Stir in sparkling and dessert wines.

Nutrition Facts



Properties

Glycemic Index:7.37, Glycemic Load:13.97, Inflammation Score:-5, Nutrition Score:1.8930434898838%

Flavonoids

Petunidin: 1.68mg, Petunidin: 1.68mg, Petunidin: 1.68mg, Petunidin: 1.68mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Malvidin: 24.05mg, Malvidin: 24.05mg, Malvidin: 24.05mg, Malvidin: 24.05mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Eriodictyol: 1.69mg, Eriodictyol: 1.69mg, Eriodictyol: 1.69mg, Eriodictyol: 1.69mg Hesperetin: 4.84mg, Hesperetin: 4.84mg, Hesperetin: 4.84mg, Hesperetin: 4.84mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 210.71kcal (10.54%), Fat: 0.14g (0.22%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 26.85g (8.95%), Net Carbohydrates: 26.74g (9.72%), Sugar: 23.91g (26.57%), Cholesterol: 0mg (0%), Sodium: 12.76mg (0.55%), Alcohol: 15.61g (100%), Alcohol %: 7.91% (100%), Protein: 0.24g (0.48%), Vitamin C: 12.84mg (15.56%), Potassium: 145.99mg (4.17%), Magnesium: 14.81mg (3.7%), Iron: 0.51mg (2.81%), Copper: 0.04mg (2.07%), Phosphorus: 20.56mg (2.06%), Manganese: 0.04mg (1.9%), Folate: 7.56µg (1.89%), Vitamin B6: 0.04mg (1.77%), Calcium: 14.96mg (1.5%), Vitamin B2: 0.02mg (1.41%)