



Mulled Apple Champagne Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



11 min.

SERVINGS



18

CALORIES



187 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 fluid ounce apple juice concentrate frozen thawed canned
- ☐ 3 quarts chablis wine
- ☐ 750 milliliter champagne dry chilled
- ☐ 4 ounce maraschino cherries drained
- ☐ 1 cranberry-orange relish sliced into rounds
- ☐ 1 tablespoon orange zest grated
- ☐ 8 ounce pineapple chunks canned
- ☐ 3 tablespoons pumpkin pie spice

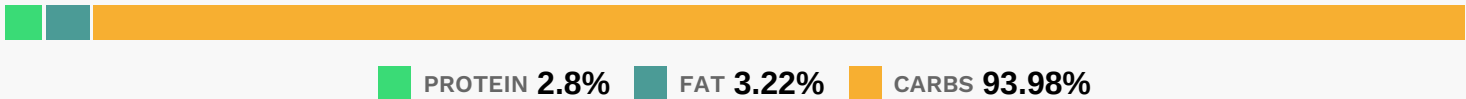
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a saucepan, combine pumpkin pie spice and orange zest to apple juice concentrate. Bring to a boil and simmer 10 minutes.
- ☐ Remove from heat. In a large pitcher, combine spiced apple juice concentrate and white wine. Chill in refrigerator overnight.
- ☐ Strain the wine mixture through a coffee filter, being careful not to disturb the spices which have settled to the bottom of the pitcher.
- ☐ Just before serving, slide in the ice ring. Slowly pour the champagne down the side of the bowl to retain as much carbonization as possible.
- ☐ To make Ice Ring: In a ring shaped mold, combine pineapple chunks, orange slices and maraschino cherries.
- ☐ Pour in just enough water to hold the fruit together in the ring. freeze overnight.

Nutrition Facts



Properties

Glycemic Index:5.46, Glycemic Load:1.69, Inflammation Score:-6, Nutrition Score:3.158260875422%

Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 187.04kcal (9.35%), Fat: 0.19g (0.29%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 11.6g (4.22%), Sugar: 8.89g (9.88%), Cholesterol: 0mg (0%), Sodium: 12.49mg (0.54%), Alcohol: 19.54g (100%), Alcohol %: 10.04% (100%), Protein: 0.37g (0.74%), Manganese: 0.36mg (18.01%), Vitamin C: 5.92mg (7.18%), Magnesium: 25.22mg (6.3%), Potassium: 205.93mg (5.88%), Vitamin B6: 0.11mg (5.47%), Iron: 0.89mg (4.92%), Phosphorus: 39.34mg (3.93%), Calcium: 35.2mg (3.52%), Fiber: 0.76g (3.05%), Vitamin B2: 0.04mg (2.26%), Copper: 0.04mg (2.21%), Vitamin B1: 0.03mg (2.19%), Zinc: 0.29mg (1.9%), Vitamin B3: 0.31mg (1.54%), Folate: 5.15µg (1.29%), Vitamin B5: 0.1mg (1.04%)