



Pink Champagne Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



91 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 servings optional: lemon
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 8 inch lemon zest
- ☐ 1 cup pomegranate juice chilled
- ☐ 750 milliliter sparkling wine chilled
- ☐ 0.3 cup sugar
- ☐ 1.3 cups water

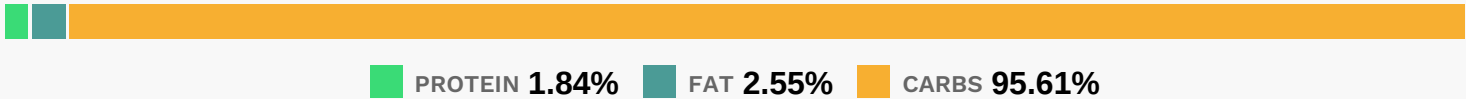
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring water, sugar, and lemon zest to a boil in a 1-quart saucepan, stirring to dissolve sugar, then boil 5 minutes.
- ☐ Transfer to a bowl and add pomegranate and lemon juice, then chill until very cold, at least 1 hour.
- ☐ Just before serving, pour pomegranate syrup into a 2-quart glass pitcher and add champagne.
- ☐ •Syrup can be made 2 days ahead and kept chilled. •To squeeze juice from fresh pomegranates, halve them horizontally and squeeze them, like oranges, with a reamer.

Nutrition Facts



Properties

Glycemic Index:11.95, Glycemic Load:4.48, Inflammation Score:-3, Nutrition Score:1.9582608910682%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Eriodictyol: 1.77mg, Eriodictyol: 1.77mg, Eriodictyol: 1.77mg, Eriodictyol: 1.77mg Hesperetin: 2.77mg, Hesperetin: 2.77mg, Hesperetin: 2.77mg, Hesperetin: 2.77mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 91.15kcal (4.56%), Fat: 0.15g (0.23%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 12.33g (4.48%), Sugar: 11.66g (12.95%), Cholesterol: 0mg (0%), Sodium: 11.61mg (0.5%), Alcohol: 5.99g (100%), Alcohol %: 4.14% (100%), Protein: 0.25g (0.49%), Vitamin C: 9.19mg (11.14%), Potassium: 168.55mg (4.82%), Magnesium: 13.18mg (3.29%), Vitamin K: 3.24µg (3.08%), Folate: 10.63µg (2.66%), Iron: 0.48mg (2.64%), Vitamin B6: 0.04mg (2.19%), Fiber: 0.51g (2.05%), Phosphorus: 19.33mg (1.93%), Calcium: 18.57mg (1.86%), Manganese: 0.03mg (1.63%), Copper: 0.03mg (1.45%), Vitamin B5: 0.12mg (1.17%), Vitamin B2: 0.02mg (1.15%)