

Poinsettia Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

BEVERAGE

DRINK

Ingredients

- 3 cups cranberry-apple juice chilled
- 750 milliliter champagne chilled
- 0.3 cup grape juice concentrate white thawed
- 0.3 cup orange liqueur

Equipment

Directions

- Stir together all ingredients in a 2-quart pitcher.
- Serve in Champagne flutes. (Decorate serving tray with fresh cranberries, if desired.)
- NOTE: For testing purposes only, we used Korbel Chardonnay Champagne for Champagne and Grand Marnier for orange liqueur.

Nutrition Facts

■ PROTEIN **1.24%**
■ FAT **2.2%**
■ CARBS **96.56%**

Properties

Glycemic Index:10.19, Glycemic Load:8.41, Inflammation Score:-6, Nutrition Score:2.7099999947392%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 1.77mg, Malvidin: 1.77mg, Malvidin: 1.77mg, Malvidin: 1.77mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epicatechin: 8.85mg, Epicatechin: 8.85mg, Epicatechin: 8.85mg, Epicatechin: 8.85mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 232.12kcal (11.61%), Fat: 0.31g (0.47%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 30.29g (10.1%), Net Carbohydrates: 29.89g (10.87%), Sugar: 27.04g (30.04%), Cholesterol: 0mg (0%), Sodium: 22.5mg (0.98%), Alcohol: 15.81g (100%), Alcohol %: 4.96% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.39g (0.78%), Potassium: 373.32mg (10.67%), Manganese: 0.18mg (8.9%), Magnesium: 30.03mg (7.51%), Iron: 1.02mg (5.67%), Phosphorus: 44.17mg (4.42%), Vitamin B6: 0.08mg (3.8%), Calcium: 33.6mg (3.36%), Vitamin B2: 0.05mg (3.2%), Vitamin B1: 0.04mg (2.82%), Copper: 0.05mg (2.58%), Vitamin C: 1.69mg (2.05%), Vitamin B3: 0.37mg (1.83%), Fiber: 0.4g (1.61%), Zinc: 0.2mg (1.35%)