



Poinsettia Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



93 kcal

BEVERAGE

DRINK

Ingredients

- 0.7 cup cranberries fresh for garnish
- 3 cups 1/4 cup dried cranberry (juice sweetened if possible) chilled
- 2 inch orange sections for garnish
- 1500 milliliter sparkling wine chilled
- 0.8 cup frangelico chilled
- 0.8 cup frangelico chilled

Equipment

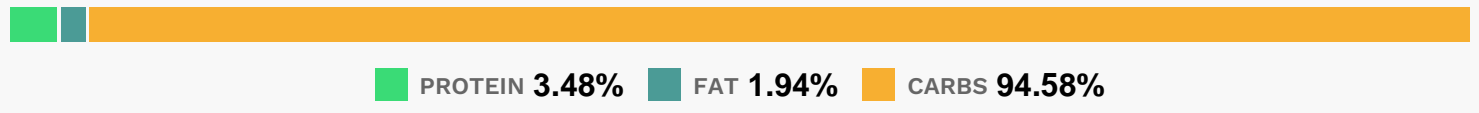
- bowl

baking sheet

Directions

- Place the orange slices in a single layer on a baking sheet or dish and freeze until solid, about 1 hour.
- Place the fresh cranberries, if using, in a single layer on another baking sheet or dish and freeze until solid, about 1 hour. Meanwhile, place a punch bowl in the freezer or refrigerator to chill. When ready to serve, place the cranberry juice and Cointreau in the punch bowl and stir to combine.
- Add the sparkling wine or champagne. Float the frozen orange slices and cranberries in the punch and serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.96, Glycemic Load:4.51, Inflammation Score:-4, Nutrition Score:2.0782608733229%

Flavonoids

Cyanidin: 2.58mg, Cyanidin: 2.58mg, Cyanidin: 2.58mg, Cyanidin: 2.58mg Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.73mg, Peonidin: 2.73mg, Peonidin: 2.73mg, Peonidin: 2.73mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 92.95kcal (4.65%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 9.62g (3.5%), Sugar: 9.36g (10.4%), Cholesterol: 0mg (0%), Sodium: 10.1mg (0.44%), Alcohol: 7.98g (100%), Alcohol %: 5.22% (100%), Protein: 0.36g (0.73%), Vitamin C: 6.89mg (8.35%), Vitamin E: 0.83mg (5.55%), Potassium: 163.64mg (4.68%), Magnesium: 16.64mg (4.16%), Iron: 0.67mg (3.72%), Vitamin K: 3.5µg (3.34%), Vitamin B6: 0.06mg (3.06%), Phosphorus: 27.6mg (2.76%), Copper: 0.05mg (2.59%), Calcium: 16.9mg (1.69%),

Vitamin B2: 0.03mg (1.48%), Zinc: 0.17mg (1.12%), Fiber: 0.27g (1.09%), Manganese: 0.02mg (1.01%)