

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

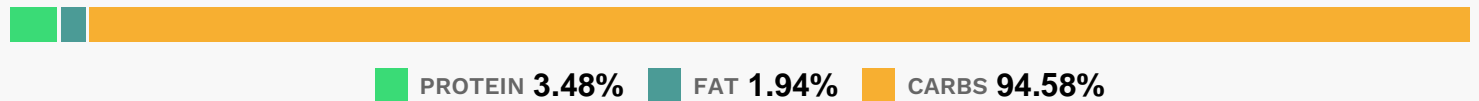
Directions

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%)