



Pomegranate-Champagne Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



45 min.

SERVINGS



2

CALORIES



450 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 cups pomegranate juice
- 1 cup pear nectar
- 0.3 cup grand marnier orange-flavored such as grand marnier
- 750 ml champagne

Equipment

Directions

In a large pitcher, combine pomegranate juice, pear nectar, and orange-flavored liqueur. Slowly add Champagne.

Serve over ice.

Nutrition Facts

PROTEIN 1.18% **FAT 2.4%** **CARBS 96.42%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:6.8030435066346%

Flavonoids

Cyanidin: 4.48mg, Cyanidin: 4.48mg, Cyanidin: 4.48mg, Cyanidin: 4.48mg Delphinidin: 1.51mg, Delphinidin: 1.51mg, Delphinidin: 1.51mg, Delphinidin: 1.51mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 450kcal (22.5%), Fat: 0.64g (0.99%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 58.09g (19.36%), Net Carbohydrates: 57.15g (20.78%), Sugar: 56.33g (62.59%), Cholesterol: 0mg (0%), Sodium: 50.35mg (2.19%), Alcohol: 31.61g (100%), Alcohol %: 5.6% (100%), Caffeine: 7.67mg (2.56%), Protein: 0.71g (1.42%), Potassium: 753.92mg (21.54%), Vitamin K: 21.67µg (20.64%), Magnesium: 55.11mg (13.78%), Folate: 49.81µg (12.45%), Iron: 2.03mg (11.25%), Manganese: 0.22mg (11%), Copper: 0.18mg (8.8%), Vitamin B6: 0.17mg (8.35%), Phosphorus: 82.17mg (8.22%), Calcium: 60.75mg (6.08%), Vitamin B5: 0.56mg (5.6%), Vitamin E: 0.77mg (5.15%), Vitamin B3: 1.01mg (5.06%), Vitamin B2: 0.09mg (5.01%), Zinc: 0.56mg (3.76%), Fiber: 0.94g (3.75%), Vitamin B1: 0.03mg (2.11%), Selenium: 1.4µg (2%), Vitamin C: 1.56mg (1.89%)