



## Pomegranate-Champagne Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



252 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 1500 ml champagne chilled
- ☐ 12 servings mint leaves fresh
- ☐ 1 ice cubes
- ☐ 1 large optional: lemon thinly sliced
- ☐ 1.3 cups pomegranate juice
- ☐ 12 servings pomegranate seeds
- ☐ 1.5 cups rum white
- ☐ 0.5 cup sugar

☐ 0.5 cup water

Equipment

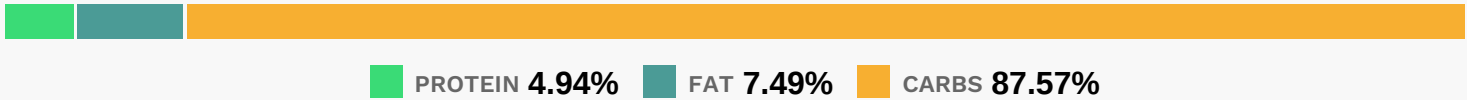
☐ bowl

☐ sauce pan

Directions

- ☐ Bring 1/2 cup water and sugar to boil in small saucepan, stirring until sugar dissolves. Simmer 5 minutes. Cool syrup completely.
- ☐ Combine Champagne, rum, and pomegranate juice in punch bowl.
- ☐ Add enough syrup to sweeten to taste.
- ☐ Mix in lemon slices, pomegranate seeds, and mint leaves.
- ☐ Add ice block to bowl.

Nutrition Facts



Properties

Glycemic Index:14.8, Glycemic Load:14.54, Inflammation Score:-6, Nutrition Score:5.930869522302%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg Hesperetin: 2.61mg, Hesperetin: 2.61mg, Hesperetin: 2.61mg, Hesperetin: 2.61mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 252.01kcal (12.6%), Fat: 1.16g (1.78%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 30.41g (10.14%), Net Carbohydrates: 26.58g (9.66%), Sugar: 25.16g (27.96%), Cholesterol: 0mg (0%), Sodium: 15.1mg (0.66%), Alcohol: 18g (100%), Alcohol %: 7.68% (100%), Protein: 1.72g (3.43%), Vitamin C: 13.99mg (16.96%), Vitamin K: 16.97µg (16.16%), Fiber: 3.84g (15.35%), Potassium: 389.43mg (11.13%), Folate: 42.66µg (10.67%), Copper: 0.17mg (8.59%), Manganese: 0.15mg (7.42%), Magnesium: 26.35mg (6.59%), Phosphorus: 56.25mg (5.62%), Vitamin B6: 0.11mg (5.47%), Iron: 0.91mg (5.04%), Vitamin B1: 0.07mg (4.56%), Vitamin E: 0.63mg (4.23%), Vitamin B5: 0.42mg (4.22%), Vitamin B2: 0.07mg (4.1%), Zinc: 0.46mg (3.05%), Calcium: 27.96mg (2.8%), Vitamin B3: 0.47mg (2.35%), Selenium: 0.85µg (1.21%)