



Sparkling Champagne Punch

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



10

CALORIES



148 kcal

BEVERAGE

DRINK

Ingredients

- 750 mL champagne chilled
- 3 cups ginger ale cold
- 10 servings ice cubes
- 6 oz jell-o lemon flavor gelatin
- 2 cups orange juice cold
- 2 cups water boiling

Equipment

- bowl

Directions

- Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved.
- Stir in juice. Cool to room temperature.
- Pour gelatin mixture into punch bowl just before serving.
- Add champagne and ginger ale; stir.
- Add ice.

Nutrition Facts

 **PROTEIN 5.84%**  **FAT 0.75%**  **CARBS 93.41%**

Properties

Glycemic Index:11.5, Glycemic Load:6.54, Inflammation Score:-4, Nutrition Score:3.0847825986212%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 147.86kcal (7.39%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 27.63g (9.21%), Net Carbohydrates: 27.53g (10.01%), Sugar: 25.96g (28.85%), Cholesterol: 0mg (0%), Sodium: 95.12mg (4.14%), Alcohol: 4.79g (100%), Alcohol %: 1.92% (100%), Protein: 1.73g (3.45%), Vitamin C: 24.8mg (30.06%), Potassium: 166.93mg (4.77%), Phosphorus: 43.64mg (4.36%), Folate: 16.14µg (4.03%), Copper: 0.08mg (3.97%), Magnesium: 15.02mg (3.75%), Iron: 0.55mg (3.04%), Vitamin B1: 0.05mg (3.01%), Selenium: 1.41µg (2.01%), Vitamin A: 99.2IU (1.98%), Calcium: 17.92mg (1.79%), Vitamin B6: 0.04mg (1.75%), Vitamin B2: 0.03mg (1.73%), Vitamin B3: 0.27mg (1.37%)