Sparkling Cranberry Blush

Vegetarian · Vegan · Gluten Free · Dairy Free · Low Fod Map

READY IN	SERVINGS	CALORIES
45 min.	32	90 kcal

ANTIPASTI · STARTER · SNACK · APPETIZER

Ingredients

- [ ] 1500 milliliter brut champagne chilled
- [ ] 96 ounce cranberry juice cocktail chilled
- [ ] 12 ounce lemonade concentrate undiluted thawed canned
- [ ] 3 cups water cold

Equipment

- [ ] bowl

Directions

- [ ] Combine the first 3 ingredients in a punch bowl, and stir well.
- [ ] Add chilled champagne, and stir gently.
- [ ] Serve immediately.

Nutrition Facts

PROTEIN **0.32%** FAT **2.02%** CARBS **97.66%**

Properties

Glycemic Index:1.88, Glycemic Load:6.89, Inflammation Score:-3, Nutrition Score:2.6326087272686%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 89.67kcal (4.48%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 17.33g (5.78%), Net Carbohydrates: 17.3g (6.29%), Sugar: 15.39g (17.1%), Cholesterol: 0mg (0%), Sodium: 6.83mg (0.3%), Alcohol: 2.99g (100%), Alcohol %: 2.3% (100%), Protein: 0.06g (0.11%), Vitamin C: 37.37mg (45.29%), Manganese: 0.04mg (2.11%), Potassium: 60.71mg (1.73%), Magnesium: 6.49mg (1.62%), Iron: 0.28mg (1.56%), Vitamin E: 0.2mg (1.31%)