

# Sparkling Orange Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



125 kcal

BEVERAGE

DRINK

## Ingredients

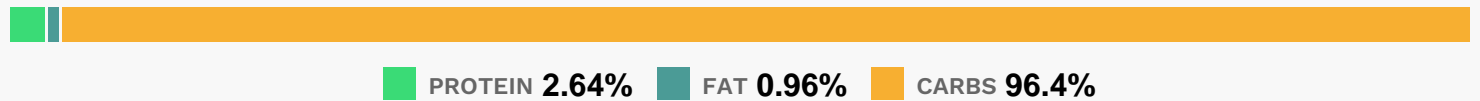
- 6 ounce orange juice concentrate thawed canned
- 750 milliliter sparkling wine chilled
- 0.5 cup sugar
- 4 ginger tea bags
- 4 cups water boiling

## Equipment

## Directions

- Pour 4 cups boiling water over tea bags; cover and steep 5 minutes.
- Remove and discard tea bags. Stir in sugar and juice concentrate, stirring until sugar dissolves. Cover and chill 2 hours.
- Stir together chilled tea mixture and sparkling wine.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:-4, Nutrition Score:3.4895651735689%

## Nutrients (% of daily need)

Calories: 125.42kcal (6.27%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 21.03g (7.01%), Net Carbohydrates: 20.82g (7.57%), Sugar: 19.87g (22.07%), Cholesterol: 0mg (0%), Sodium: 14.07mg (0.61%), Alcohol: 5.99g (100%), Alcohol %: 3.06% (100%), Protein: 0.58g (1.15%), Vitamin C: 30.83mg (37.37%), Potassium: 216.28mg (6.18%), Magnesium: 17.98mg (4.49%), Folate: 17.31µg (4.33%), Vitamin B1: 0.06mg (3.9%), Vitamin B6: 0.07mg (3.7%), Vitamin B2: 0.05mg (2.88%), Phosphorus: 27mg (2.7%), Iron: 0.45mg (2.5%), Copper: 0.04mg (2.13%), Calcium: 20.17mg (2.02%), Vitamin B3: 0.33mg (1.63%), Vitamin A: 80.58IU (1.61%), Vitamin B5: 0.12mg (1.19%)