

Sparkling Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



1214 kcal

BEVERAGE

DRINK

Ingredients

- 1 qt seltzer water chilled
- 4 cups cranberry juice cocktail white
- 12 oz lemonade concentrate frozen thawed canned
- 1 serving mint leaves fresh

Equipment

Directions

- Stir together lemonade concentrate and cranberry juice cocktail in a large pitcher. Cover and chill at least 1 hour or up to 24 hours. Stir in club soda just before serving.
- Garnish, if desired.
- Champagne Punch: Substitute 1 (750-milliliter) bottle extra-dry Champagne or sparkling wine and 1/4 cup orange liqueur for club soda; proceed with recipe as directed.
- Note: For testing purposes only, we used Cointreau for orange liqueur.

Nutrition Facts

PROTEIN 0.25%

FAT 2.43%

CARBS 97.32%

Properties

Glycemic Index:60, Glycemic Load:81.97, Inflammation Score:-9, Nutrition Score:11.239565244187%

Flavonoids

Cyanidin: 3.74mg, Cyanidin: 3.74mg, Cyanidin: 3.74mg, Cyanidin: 3.74mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg Peonidin: 4.15mg, Peonidin: 4.15mg, Peonidin: 4.15mg, Peonidin: 4.15mg Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epicatechin: 10.02mg, Epicatechin: 10.02mg, Epicatechin: 10.02mg, Epicatechin: 10.02mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg Quercetin: 22.26mg, Quercetin: 22.26mg, Quercetin: 22.26mg, Quercetin: 22.26mg

Nutrients (% of daily need)

Calories: 1213.96kcal (60.7%), Fat: 3.4g (5.24%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 306.53g (102.18%), Net Carbohydrates: 305.43g (111.06%), Sugar: 271.81g (302.02%), Cholesterol: 0mg (0%), Sodium: 243.1mg (10.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.57%), Vitamin C: 472.96mg (573.28%), Manganese: 0.55mg (27.56%), Vitamin E: 2.53mg (16.88%), Potassium: 411.24mg (11.75%), Magnesium: 44.2mg (11.05%), Calcium: 103.92mg (10.39%), Vitamin K: 10.8µg (10.29%), Copper: 0.21mg (10.27%), Zinc: 1.4mg (9.31%), Vitamin B5: 0.92mg (9.21%), Iron: 1.46mg (8.13%), Folate: 24.95µg (6.24%), Selenium: 3.38µg (4.84%), Vitamin B1: 0.07mg (4.59%), Fiber: 1.1g (4.4%), Vitamin B3: 0.81mg (4.03%), Phosphorus: 34.66mg (3.47%), Vitamin B6: 0.07mg (3.47%), Vitamin A: 123.44IU (2.47%)