



Strawberry Champagne Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



24

CALORIES



74 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup water
- 3 oz strawberry gelatin
- 0.8 cup lemonade concentrate frozen thawed (half 12-oz. can)
- 2 cups water cold
- 750 ml rose hips chilled
- 750 ml champagne chilled
- 2 cups strawberries fresh frozen with stems,

Equipment

- bowl
- sauce pan

Directions

- Bring water to a boil in small saucepan.
- Add gelatin; stir until gelatin is dissolved. Cool 15 minutes.
- In punch bowl, combine lemonade concentrate, cold water and gelatin mixture; mix well.
- Just before serving, stir in wine, champagne and frozen strawberries.

Nutrition Facts



PROTEIN 4.26% **FAT 2.09%** **CARBS 93.65%**

Properties

Glycemic Index:1.67, Glycemic Load:0.27, Inflammation Score:-7, Nutrition Score:7.6960868330105%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 74.28kcal (3.71%), Fat: 0.14g (0.22%), Saturated Fat: 0g (0.02%), Carbohydrates: 14.59g (4.86%), Net Carbohydrates: 10.29g (3.74%), Sugar: 7.72g (8.57%), Cholesterol: 0mg (0%), Sodium: 21.48mg (0.93%), Alcohol: 2g (100%), Alcohol %: 2.52% (100%), Protein: 0.66g (1.33%), Vitamin C: 79.49mg (96.35%), Fiber: 4.3g (17.22%), Vitamin A: 730.31IU (14.61%), Manganese: 0.22mg (10.94%), Vitamin E: 1.02mg (6.81%), Vitamin K: 4.62µg (4.4%), Magnesium: 17.14mg (4.28%), Potassium: 123.33mg (3.52%), Calcium: 34.59mg (3.46%), Phosphorus: 23.3mg (2.33%), Vitamin B2: 0.04mg (2.06%), Iron: 0.36mg (2.02%), Copper: 0.04mg (1.9%), Vitamin B5: 0.16mg (1.58%), Vitamin B3: 0.3mg (1.52%), Vitamin B6: 0.03mg (1.31%), Folate: 4.32µg (1.08%)