



Strawberry Champagne Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



24

CALORIES



73 kcal

BEVERAGE

DRINK

Ingredients

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

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 4.32% **FAT 2.04%** **CARBS 93.64%**

Properties

Glycemic Index:2.29, Glycemic Load:0.4, Inflammation Score:-2, Nutrition Score:1.3899999648819%

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: 73.42kcal (3.67%), Fat: 0.09g (0.14%), Saturated Fat: 0g (0.02%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 8.78g (3.19%), Sugar: 7.53g (8.37%), Cholesterol: 0mg (0%), Sodium: 22.4mg (0.97%), Alcohol: 5.29g (100%), Alcohol %: 5.81% (100%), Protein: 0.42g (0.83%), Vitamin C: 8.02mg (9.73%), Manganese: 0.09mg (4.35%), Potassium: 82.75mg (2.36%), Magnesium: 9.05mg (2.26%), Phosphorus: 19.41mg (1.94%), Iron: 0.3mg (1.68%), Vitamin B6: 0.03mg (1.53%), Copper: 0.02mg (1.06%), Fiber: 0.26g (1.05%), Folate: 4.13µg (1.03%)