



Strawberry Champagne Punch

 Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



14

CALORIES



88 kcal

BEVERAGE

DRINK

Ingredients

- 750 milliliter champagne
- 2 liter ginger ale chilled
- 20 ounce strawberries frozen thawed

Equipment

- bowl

Directions

In a large punch bowl, combine champagne, ginger ale and strawberries. Gently stir and serve.

Nutrition Facts

PROTEIN 1.84% **FAT 1.63%** **CARBS 96.53%**

Properties

Glycemic Index:7.36, Glycemic Load:8.78, Inflammation Score:-3, Nutrition Score:2.912173918084%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 10.06mg, Pelargonidin: 10.06mg, Pelargonidin: 10.06mg, Pelargonidin: 10.06mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 87.6kcal (4.38%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 16.22g (5.41%), Net Carbohydrates: 15.41g (5.6%), Sugar: 15.28g (16.98%), Cholesterol: 0mg (0%), Sodium: 14.12mg (0.61%), Alcohol: 3.42g (100%), Alcohol %: 1.83% (100%), Protein: 0.31g (0.62%), Vitamin C: 23.81mg (28.86%), Manganese: 0.17mg (8.74%), Iron: 0.64mg (3.54%), Fiber: 0.81g (3.24%), Potassium: 110.41mg (3.15%), Magnesium: 12.03mg (3.01%), Folate: 10.25µg (2.56%), Copper: 0.05mg (2.55%), Phosphorus: 17.74mg (1.77%), Calcium: 15.56mg (1.56%), Vitamin B6: 0.03mg (1.49%), Zinc: 0.17mg (1.14%), Vitamin B3: 0.21mg (1.05%)