



Tropical Champagne Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



123 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup apple juice
- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 2 cups guava nectar
- ☐ 2 cups orange juice
- ☐ 2 cups pineapple-mango juice
- ☐ 750 ml sparkling wine
- ☐ 12 servings garnish: star fruit and limes sliced

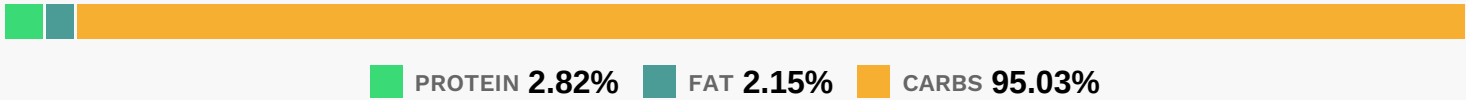
Equipment

bowl

Directions

- Combine pineapple–mango juice, orange juice, cranberry juice, guava nectar, and apple juice in a large bowl. Stir in sparkling wine.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:19.23, Glycemic Load:8.29, Inflammation Score:-5, Nutrition Score:5.0565217577893%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 123.05kcal (6.15%), Fat: 0.24g (0.37%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 23.17g (8.42%), Sugar: 20.42g (22.69%), Cholesterol: 0mg (0%), Sodium: 10.18mg (0.44%), Alcohol: 3.99g (100%), Alcohol %: 2.03% (100%), Protein: 0.71g (1.42%), Vitamin C: 37.29mg (45.2%), Manganese: 0.24mg (11.82%), Potassium: 259.23mg (7.41%), Folate: 21.9µg (5.48%), Magnesium: 20.42mg (5.1%), Vitamin B6: 0.1mg (4.92%), Vitamin B1: 0.07mg (4.64%), Copper: 0.09mg (4.32%), Vitamin E: 0.55mg (3.7%), Iron: 0.58mg (3.25%), Fiber: 0.69g (2.76%), Phosphorus: 27.41mg (2.74%), Vitamin K: 2.64µg (2.52%), Calcium: 24.93mg (2.49%), Vitamin A: 119.07IU (2.38%), Vitamin B2: 0.04mg (2.32%), Vitamin B3: 0.44mg (2.2%), Vitamin B5: 0.15mg (1.5%), Zinc: 0.17mg (1.16%)