



Wicked Chica Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



485 min.

SERVINGS



14

CALORIES



215 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups brandy
- ☐ 1 bottle champagne chilled
- ☐ 1 liter club soda chilled
- ☐ 1 pound strawberries hulled quartered
- ☐ 1 cup sugar
- ☐ 1 bottle white wine light chilled

Equipment

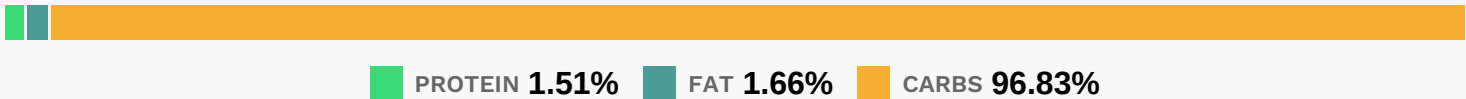
- ☐ bowl

- ☐ ladle
- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ Put strawberries in a resealable plastic bag. In a bowl mix together the brandy and sugar, pour mixture into bag with strawberries, close the bag, and refrigerate overnight.
- ☐ Pour the Champagne, white wine and seltzer into a punch bowl, stir. In a glass place a few strawberries. Ladle over punch and serve.

Nutrition Facts



Properties

Glycemic Index:10.01, Glycemic Load:10.92, Inflammation Score:-5, Nutrition Score:2.8347826451063%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 8.05mg, Pelargonidin: 8.05mg, Pelargonidin: 8.05mg, Pelargonidin: 8.05mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 214.75kcal (10.74%), Fat: 0.14g (0.22%), Saturated Fat: 0g (0.03%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 18.09g (6.58%), Sugar: 16.97g (18.86%), Cholesterol: 0mg (0%), Sodium: 22.24mg (0.97%), Alcohol: 20.4g (100%), Alcohol %: 9.96% (100%), Protein: 0.29g (0.58%), Vitamin C: 19.05mg (23.09%), Manganese: 0.2mg (9.76%), Potassium: 137.15mg (3.92%), Magnesium: 15.64mg (3.91%), Iron: 0.52mg (2.89%), Phosphorus: 26.83mg

(2.68%), Vitamin B6: 0.05mg (2.65%), Fiber: 0.65g (2.59%), Folate: 8.85µg (2.21%), Calcium: 18.54mg (1.85%),
Copper: 0.04mg (1.8%), Zinc: 0.24mg (1.59%), Vitamin B2: 0.02mg (1.45%), Vitamin B3: 0.24mg (1.2%)