



American Orange Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



100 min.

SERVINGS



32

CALORIES



105 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 ounces beer
- ☐ 12 ounces brandy
- ☐ 1 ounce maraschino liqueur
- ☐ 4 cranberry-orange relish organic (preferably)
- ☐ 0.8 pound sugar light raw
- ☐ 12 ounces rum
- ☐ 56 ounces water boiling

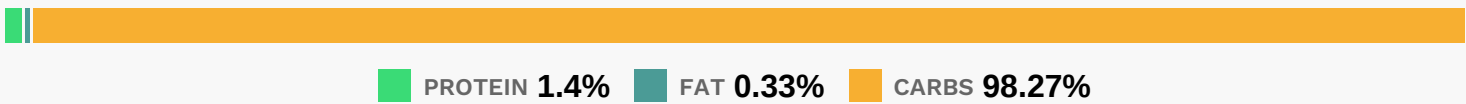
Equipment

- ☐ bowl
- ☐ ladle
- ☐ knife
- ☐ peeler

Directions

- ☐ Using a vegetable peeler or paring knife, remove the peel from two of the oranges. Try to remove only the orange peel and not the white pith, as that will impart a bitter taste to the punch.
- ☐ Place the peels and sugar in a heatproof bowl and toss to combine. Allow to sit for at least 30 minutes, but preferably a full hour.
- ☐ Juice all of the oranges.
- ☐ Add the juice and boiling water to the sugar and peels. Allow to infuse for 30 minutes.
- ☐ Strain the orange mixture into a punch bowl and add the porter and liquors. Sample and adjust with water or sugar to taste.
- ☐ To serve, add a large chunk of ice to the bowl and provide cubed ice for individual glasses, or add cubed ice to the bowl. The larger the piece of ice in the punch bowl, the slower it will melt. Ladle punch into glasses and enjoy!

Nutrition Facts



Properties

Glycemic Index:3.53, Glycemic Load:0.76, Inflammation Score:-2, Nutrition Score:1.0030434988439%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 104.59kcal (5.23%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 12.69g (4.61%), Sugar: 12.36g (13.73%), Cholesterol: 0mg (0%), Sodium: 3.3mg (0.14%), Alcohol: 7.74g (100%), Alcohol %: 9.26% (100%), Protein: 0.19g (0.37%), Vitamin C: 8.71mg (10.56%), Fiber: 0.39g (1.57%), Folate: 5.34µg (1.33%), Vitamin B1: 0.02mg (1.06%), Copper: 0.02mg (1.05%)