



Apple Fennel Punch



Vegetarian



Vegan



Dairy Free

READY IN



540 min.

SERVINGS



8

CALORIES



634 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 ounce apples such as bar keep
- ☐ 17 ounces apples
- ☐ 6 ounces fennel bulb
- ☐ 1 tablespoon fennel pollen
- ☐ 0.3 cup fennel seeds toasted
- ☐ 6 ounces lemon zest fresh yellow peeled (part of zest only, in strips)
- ☐ 2 ounces sugar raw
- ☐ 25 ounces rye flakes

- ☐ 1.5 cups simple syrup glaze (see note above)
- ☐ 4 teaspoons freshly tea
- ☐ 3 cups water hot
- ☐ 29 ounces cooking wine

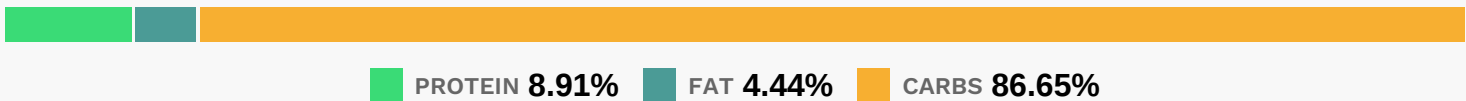
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ For the Fennel Syrup: combine the fennel seeds, pollen, and rich simple syrup in a medium saucepan over a low heat. Simmer for 15 minutes but do not allow the syrup to boil. Allow syrup to cool and store in an airtight container. Syrup will keep in a sealed container in the refrigerator for at least 1 week.
- ☐ For the Shrub: combine lemon zest and raw sugar in a sturdy bowl and muddle until mixture is a rough paste, about 2 minutes. Allow to sit for 30 minutes and muddle for another 5 minutes until a thick syrup is extracted from the rinds.
- ☐ Add 6 ounces fennel syrup and stir to combine.
- ☐ Brew the tea leaves in 3 cups hot water for 5 minutes.
- ☐ Add brewed tea to the lemon/fennel mixture and stir well.
- ☐ Let sit 5 minutes, then strain out solids through a fine mesh strainer and store the shrub in an airtight container in the fridge for up to 1 week, if not using immediately.
- ☐ To make the punch, combine rye, ginger wine, shrub, apple liqueur, lemon juice, and apple bitters in an airtight container. Allow to chill overnight.
- ☐ Pour into punch bowl or pitcher, serve in ice-filled glasses.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:3.05, Inflammation Score:-9, Nutrition Score:33.003912936086%

Flavonoids

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Nutrients (% of daily need)

Calories: 634.11kcal (31.71%), Fat: 3.03g (4.66%), Saturated Fat: 0.32g (2.03%), Carbohydrates: 132.89g (44.3%), Net Carbohydrates: 107.34g (39.03%), Sugar: 63.06g (70.07%), Cholesterol: 0mg (0%), Sodium: 62.87mg (2.73%), Alcohol: 10.69g (100%), Alcohol %: 2.94% (100%), Protein: 13.67g (27.34%), Manganese: 6.32mg (316.08%), Fiber: 25.55g (102.18%), Selenium: 46.13µg (65.9%), Magnesium: 259.36mg (64.84%), Phosphorus: 619.52mg (61.95%), Iron: 9.66mg (53.66%), Vitamin C: 33.4mg (40.48%), Copper: 0.74mg (36.79%), Zinc: 5.45mg (36.35%), Potassium: 1027.39mg (29.35%), Vitamin B3: 5.56mg (27.79%), Vitamin B1: 0.39mg (26%), Vitamin B6: 0.5mg (24.75%), Vitamin B2: 0.38mg (22.21%), Vitamin K: 19.92µg (18.98%), Calcium: 167.35mg (16.73%), Vitamin B5: 1.52mg (15.22%), Vitamin E: 1.53mg (10.18%), Folate: 24.78µg (6.19%), Vitamin A: 85.76IU (1.72%)