



Blood Orange Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



166 kcal

BEVERAGE

DRINK

Ingredients

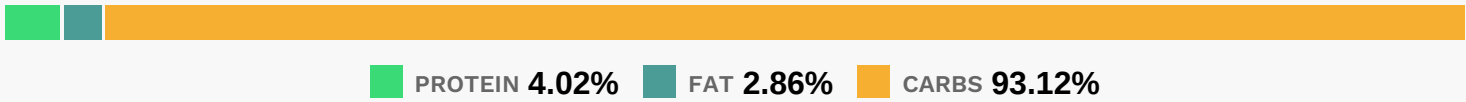
- ☐ 8 ounces blood orange juice fresh (, if possible)
- ☐ 2 ounces campari
- ☐ 2 ounces juice of lemon
- ☐ 1 slices cranberry–orange relish for garnish
- ☐ 6 ounces rum
- ☐ 16 ounces seltzer water chilled

Equipment

Directions

- ☐ Fill a cocktail shaker and four glasses with ice.
- ☐ Add 3 ounces rum, 1 ounce Campari, 4 ounces blood orange juice, and 1 ounce lemon juice to shaker.
- ☐ Shake until evenly chilled then divide between 2 glasses. Repeat and fill the second two glasses. Top each glass with soda water and garnish with orange.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:3.15, Inflammation Score:-4, Nutrition Score:3.3004348001078%

Flavonoids

Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 9.78mg, Hesperetin: 9.78mg, Hesperetin: 9.78mg, Hesperetin: 9.78mg Naringenin: 1.95mg, Naringenin: 1.95mg, Naringenin: 1.95mg, Naringenin: 1.95mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 166.36kcal (8.32%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 11.11g (3.7%), Net Carbohydrates: 10.88g (3.95%), Sugar: 5.45g (6.05%), Cholesterol: 0mg (0%), Sodium: 24.95mg (1.08%), Alcohol: 17.42g (100%), Alcohol %: 9.03% (100%), Protein: 0.48g (0.96%), Vitamin C: 35.7mg (43.27%), Folate: 20.89µg (5.22%), Vitamin B1: 0.06mg (4%), Potassium: 137.45mg (3.93%), Vitamin A: 122.12IU (2.44%), Copper: 0.04mg (2.23%), Magnesium: 8.57mg (2.14%), Vitamin B6: 0.03mg (1.59%), Calcium: 14.16mg (1.42%), Vitamin B5: 0.14mg (1.35%), Vitamin B2: 0.02mg (1.31%), Phosphorus: 12.96mg (1.3%), Vitamin B3: 0.26mg (1.28%), Zinc: 0.17mg (1.12%)