



Boliwood Punch from Slightly Oliver

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



107 kcal

BEVERAGE

DRINK

Ingredients

- 1 ounce angostura bitters
- 25 ounces brandy
- 2 sprigs rosemary leaves fresh
- 1 pinch ground cardamom (plus more to taste)
- 10 ounces juice of lime freshly squeezed
- 1 slices cranberry–orange relish
- 10 ounces orange juice freshly squeezed
- 25 ounces rum

8.5 ounces simple syrup glaze

Equipment

bowl

Directions

Mix the rum, brandy, orange juice, lime juice, simple syrup, rosemary, Angostura, and a pinch of cardamom in a punch bowl or very large pitcher. Taste and add more cardamom if desired.

Garnish with slices of orange, lemon, and lime.

Nutrition Facts

PROTEIN 1.33% FAT 0.72% CARBS 97.95%

Properties

Glycemic Index:3.24, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:0.69434782295771%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 1.58mg, Hesperetin: 1.58mg, Hesperetin: 1.58mg, Hesperetin: 1.58mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 106.58kcal (5.33%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 6.06g (2.2%), Sugar: 5.25g (5.83%), Cholesterol: 0mg (0%), Sodium: 4.06mg (0.18%), Alcohol: 12.15g (100%), Alcohol %: 27.17% (100%), Protein: 0.08g (0.17%), Vitamin C: 5.86mg (7.1%), Iron: 0.25mg (1.4%), Vitamin B1: 0.02mg (1.23%)