



## Brandy-Apple Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



129 kcal

BEVERAGE

DRINK

### Ingredients

- 3 cups apple cider
- 3 cups brandy
- 4 ounces cranberries frozen thawed
- 0.3 cup t brown sugar dark packed
- 1 large apples i use 2 granny smith apples thinly sliced for garnish
- 24 servings ice cubes
- 1.5 cups juice of lemon freshly squeezed (from 15 lemons)
- 0.8 cup maple syrup

1.5 cups water

## Equipment

bowl

sieve

potato masher

## Directions

- Place cranberries, 1/4 cup of the water, and the brown sugar in a large bowl and mash with a potato masher until the cranberries are completely smashed and the brown sugar has dissolved slightly.
- Add the remaining 1 1/4 cups water, apple cider or juice, brandy, lemon juice, and maple syrup and stir vigorously until well combined and the sugar has completely dissolved.
- Pour the mixture through a strainer set over a 10-cup pitcher and discard the solids left in the strainer. Chill for at least 1 hour, or until cold. If desired, transfer the mixture to a punch bowl and top with apple slices. To serve, pour 3 ounces of the punch into a highball glass filled with ice.
- Garnish with a thin slice of apple.

## Nutrition Facts

 PROTEIN **0.84%** FAT **1.4%** CARBS **97.76%**

## Properties

Glycemic Index:7.05, Glycemic Load:4.33, Inflammation Score:-2, Nutrition Score:2.0860869631819%

## Flavonoids

Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.32mg, Peonidin: 2.32mg, Peonidin: 2.32mg, Peonidin: 2.32mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg

0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

## **Nutrients (% of daily need)**

Calories: 129.11kcal (6.46%), Fat: 0.1g (0.15%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 15.26g (5.09%), Net Carbohydrates: 14.77g (5.37%), Sugar: 12.64g (14.05%), Cholesterol: 0mg (0%), Sodium: 6.91mg (0.3%), Alcohol: 10.02g (100%), Alcohol %: 7.39% (100%), Protein: 0.13g (0.26%), Manganese: 0.28mg (14.11%), Vitamin C: 7.26mg (8.8%), Vitamin B2: 0.14mg (8.22%), Potassium: 85.51mg (2.44%), Fiber: 0.5g (1.99%), Calcium: 19.2mg (1.92%), Magnesium: 6.17mg (1.54%), Copper: 0.03mg (1.49%), Vitamin B1: 0.02mg (1.36%)