



Cape Fear Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



1470 min.

SERVINGS



100

CALORIES



62 kcal

BEVERAGE

DRINK

Ingredients



375 ml cognac



0.5 cup little demerara sugar



3 bags freshly tea green



100 servings ice block



4 small lemons thinly sliced



4 lemons whole



100 servings nutmeg freshly grated



2 small oranges thinly sliced

- ☐ 375 ml rum
- ☐ 750 ml rye whiskey
- ☐ 1 liter seltzer water
- ☐ 1500 ml sparkling wine
- ☐ 750 ml water

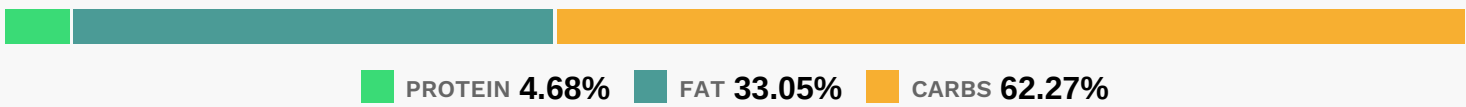
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ Pour the rye whiskey into a 4-quart container. Fill the now empty rye whiskey bottle with water, pour into an electric kettle, and bring to a boil.
- ☐ Add the sugar and stir until the temperature drops to 190 degrees F.
- ☐ Place the tea bags in the kettle and steep for 3 minutes.
- ☐ Add the tea, rum, and Cognac to the whiskey. Peel the zest from the lemons, being careful to remove the white pith. Wrap the lemon bodies in plastic wrap and reserve in the refrigerator.
- ☐ Add the lemon zest to the mixture, and stir to combine. Cover and refrigerate overnight.
- ☐ Strain the base into a large punch bowl. Juice the reserved lemon bodies and add to the punch bowl. When ready to serve, add the oranges, lemons, sparkling wine, and seltzer water; stir to combine.
- ☐ Add the ice block and serve with freshly grated nutmeg.

Nutrition Facts



Properties

Glycemic Index:2.09, Glycemic Load:0.62, Inflammation Score:-2, Nutrition Score:1.0756521801586%

Flavonoids

Thearubigins: 0.02mg, Thearubigins: 0.02mg, Thearubigins: 0.02mg, Thearubigins: 0.02mg Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 61.51kcal (3.08%), Fat: 0.75g (1.16%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.49g (0.91%), Sugar: 2.14g (2.37%), Cholesterol: 0mg (0%), Sodium: 6.92mg (0.3%), Alcohol: 6.19g (100%), Alcohol %: 6.7% (100%), Protein: 0.24g (0.48%), Vitamin C: 5.66mg (6.86%), Manganese: 0.06mg (3.18%), Fiber: 0.7g (2.82%), Copper: 0.04mg (1.99%), Magnesium: 6.8mg (1.7%), Calcium: 10.57mg (1.06%), Potassium: 36.29mg (1.04%), Iron: 0.18mg (1.02%)