



Cardinal Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



9

CALORIES



312 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 cups brandy chilled
- 2 liter seltzer water chilled
- 1.5 cups rum dark chilled
- 1 medium cranberry-orange relish halved sliced into wheels and into half-moons
- 0.5 medium pineapple cored peeled halved sliced into wheels, and into half-moons
- 750 milliliter sparkling wine chilled
- 0.5 cup mirin sweet chilled
- 2 cups cooking wine chilled

Equipment

bowl

Directions

Place the wine, brandy, rum, simple syrup, and sweet vermouth in a 7-quart punch bowl and stir gently to combine. Gently stir in the club soda and sparkling wine or champagne (do not overmix or your punch will be flat). Float the ice block in the punch and add the sliced fruit.

Serve immediately.

Nutrition Facts



PROTEIN 4.31% **FAT 1.47%** **CARBS 94.22%**

Properties

Glycemic Index:16.24, Glycemic Load:4.25, Inflammation Score:-7, Nutrition Score:5.3891304686018%

Flavonoids

Hesperetin: 3.97mg, Hesperetin: 3.97mg, Hesperetin: 3.97mg, Hesperetin: 3.97mg Naringenin: 2.23mg, Naringenin: 2.23mg, Naringenin: 2.23mg, Naringenin: 2.23mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 312.45kcal (15.62%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 10.17g (3.7%), Sugar: 7.69g (8.55%), Cholesterol: 0mg (0%), Sodium: 56.45mg (2.45%), Alcohol: 38.85g (100%), Alcohol %: 9.53% (100%), Protein: 0.51g (1.03%), Vitamin C: 31.78mg (38.52%), Manganese: 0.55mg (27.62%), Potassium: 213.14mg (6.09%), Magnesium: 23.89mg (5.97%), Vitamin B6: 0.11mg (5.56%), Copper: 0.1mg (5.24%), Fiber: 1.05g (4.21%), Iron: 0.74mg (4.14%), Vitamin B1: 0.06mg (3.99%), Folate: 14.78µg (3.7%), Calcium: 35.22mg (3.52%), Phosphorus: 32.4mg (3.24%), Zinc: 0.46mg (3.07%), Vitamin B2: 0.05mg (2.69%), Vitamin B3: 0.47mg (2.37%), Vitamin B5: 0.16mg (1.63%), Vitamin A: 61.91IU (1.24%)