



Charleston Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



169 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup brandy
- ☐ 750 milliliter champagne chilled
- ☐ 0.3 cup peach-flavored liqueur (such as peach schnapps)
- ☐ 0.5 cup rum dark
- ☐ 1 cup freshly tea green brewed
- ☐ 2 small lemons thinly sliced
- ☐ 0.5 cup pineapple fresh sliced
- ☐ 2 cups seltzer water chilled

☐ 0.8 cup sugar

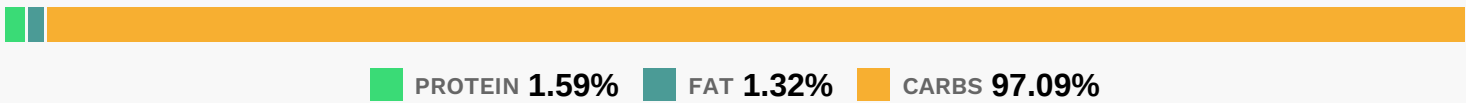
Equipment

☐ bowl

Directions

- ☐ Combine brandy and lemons in a large bowl. Cover and let stand at room temperature 24 hours.
- ☐ Add pineapple to brandy mixture.
- ☐ Let stand 3 hours.
- ☐ Combine brandy mixture, tea, and next 3 ingredients (through liqueur), stirring until sugar dissolves.
- ☐ Add sparkling water and Champagne, stirring gently until blended.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.35, Glycemic Load:9.5, Inflammation Score:-5, Nutrition Score:1.8843478374183%

Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg Epigallocatechin 3-gallate: 1.84mg, Epigallocatechin 3-gallate: 1.84mg, Epigallocatechin 3-gallate: 1.84mg, Epigallocatechin 3-gallate: 1.84mg Theaflavin: 0.31mg, Theaflavin: 0.31mg, Theaflavin: 0.31mg, Theaflavin: 0.31mg Thearubigins: 15.99mg, Thearubigins: 15.99mg, Thearubigins: 15.99mg, Thearubigins: 15.99mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg Theaflavin-3,3'-digallate: 0.34mg, Theaflavin-3,3'-digallate: 0.34mg, Theaflavin-3,3'-digallate: 0.34mg, Theaflavin-3,3'-digallate: 0.34mg

0.34mg, Theaflavin-3,3'-digallate: 0.34mg Theaflavin-3'-gallate: 0.3mg, Theaflavin-3'-gallate: 0.3mg, Theaflavin-3'-gallate: 0.3mg, Theaflavin-3'-gallate: 0.3mg Gallocatechin: 0.25mg, Gallocatechin: 0.25mg, Gallocatechin: 0.25mg, Gallocatechin: 0.25mg

Nutrients (% of daily need)

Calories: 169.46kcal (8.47%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 16.98g (5.66%), Net Carbohydrates: 16.38g (5.96%), Sugar: 15.46g (17.18%), Cholesterol: 0mg (0%), Sodium: 14.09mg (0.61%), Alcohol: 14.01g (100%), Alcohol %: 9.17% (100%), Caffeine: 3.93mg (1.31%), Protein: 0.28g (0.56%), Vitamin C: 12.83mg (15.55%), Manganese: 0.12mg (5.92%), Potassium: 96.11mg (2.75%), Fiber: 0.6g (2.4%), Magnesium: 9.48mg (2.37%), Iron: 0.4mg (2.24%), Vitamin B6: 0.03mg (1.74%), Copper: 0.03mg (1.63%), Phosphorus: 14.18mg (1.42%), Calcium: 13.28mg (1.33%), Folate: 4.82µg (1.21%), Vitamin B2: 0.02mg (1.08%)