



Drinking in Season: Pumpkin Punch with Cinnamon-Infused Rum



Vegetarian



Gluten Free



Popular

READY IN



4330 min.

SERVINGS



8

CALORIES



447 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 dashes angostura bitters
- ☐ 3 cinnamon sticks
- ☐ 750 mL rum dark
- ☐ 8 servings ice cubes
- ☐ 8 servings nutmeg freshly ground
- ☐ 10 ounces pumpkin puree
- ☐ 10 ounces rum

☐ 10 ounces condensed milk sweetened

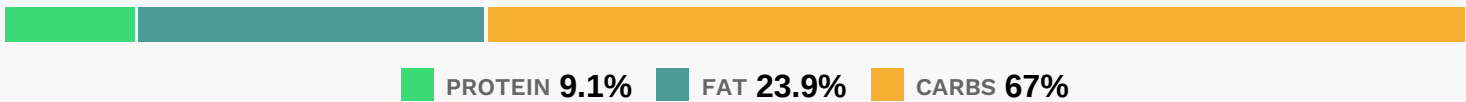
Equipment

☐ bowl

Directions

- ☐ Combine the cinnamon sticks and rum (keeping the rum bottle) in a large ball jar (or any wide-mouthed jar.) Seal and place in a dark area for 3 days, gently shaking daily. Once the cinnamon flavor is bold enough, remove the cinnamon sticks and pour back into the liquor bottle.
- ☐ In a large punch bowl, combine the pumpkin purée, rum, condensed milk and bitters. Gently stir until fully combined.
- ☐ Sprinkle freshly grated nutmeg over the entire punch bowl.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:12.18, Inflammation Score:-10, Nutrition Score:9.6878261294054%

Nutrients (% of daily need)

Calories: 447.04kcal (22.35%), Fat: 3.92g (6.04%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 22.62g (8.23%), Sugar: 21.21g (23.56%), Cholesterol: 12.05mg (4.02%), Sodium: 51.33mg (2.23%), Alcohol: 44.16g (100%), Alcohol %: 21.37% (100%), Protein: 3.36g (6.72%), Vitamin A: 5615.57IU (112.31%), Manganese: 0.37mg (18.28%), Calcium: 128.37mg (12.84%), Phosphorus: 112.38mg (11.24%), Vitamin B2: 0.17mg (10.2%), Fiber: 2.14g (8.56%), Selenium: 5.46µg (7.8%), Potassium: 219.74mg (6.28%), Vitamin K: 6.29µg (5.99%), Magnesium: 22.37mg (5.59%), Copper: 0.1mg (5.23%), Iron: 0.78mg (4.35%), Vitamin B5: 0.41mg (4.12%), Vitamin B1: 0.06mg (3.7%), Zinc: 0.52mg (3.45%), Vitamin E: 0.46mg (3.09%), Vitamin C: 2.52mg (3.05%), Vitamin B12: 0.16µg (2.6%), Folate: 9.75µg (2.44%), Vitamin B6: 0.04mg (2.22%), Vitamin B3: 0.26mg (1.32%)