



Eureka Tiki Punch



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



257 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon angostura bitters
- ☐ 2.5 cups chartreuse yellow
- ☐ 40 servings ice for garnish
- ☐ 10 cups ginger ale (such as Fever-Tree)
- ☐ 2.5 cups honey
- ☐ 1 cup water
- ☐ 40 servings optional: lemon for garnish
- ☐ 7.5 cups juice of lemon freshly squeezed

- ☐ 7.5 cups rum (such as Appleton Estate Reserve)
- ☐ 40 servings mint leaves fresh for garnish
- ☐ 2.5 cups water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ tongs

Directions

- ☐ In a small saucepan, combine the honey and water and cook over low heat, stirring constantly, until thoroughly blended.
- ☐ Let cool to room temperature.
- ☐ In a container that holds at least 9 quarts, combine the honey mixture, rum, lemon juice, Chartreuse, water, and bitters and stir until thoroughly blended. Cover and chill for at least 2 hours.
- ☐ To serve, pour the mixture into one or more punch bowls.
- ☐ Pour in the ginger ale and stir gently.
- ☐ Add the ice and garnish with lemon wheels, mint sprigs, and edible flowers. Ladle into tiki mugs.
- ☐ Want to set this baby on fire? Here's Martin Cate's recommended technique: You'll need a 1-inch square of white bread, left out to dry overnight. Soak the bread in lemon extract, then place it in a hollowed-out lime hull. Float the lime hull in the punch and use a long match or lighter to set it on fire. This will create a dramatic tall yellow flame. Just be sure to have a pitcher of water and tongs on hand! If the bread starts to blacken and smell like toast, grab it with the tongs and dunk it in the water to extinguish the flame.
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Nutrition Facts



 **PROTEIN 1.05%**  **FAT 0.96%**  **CARBS 97.99%**

Properties

Glycemic Index:3.89, Glycemic Load:12.48, Inflammation Score:-4, Nutrition Score:2.2904347595961%

Flavonoids

Eriodictyol: 4.04mg, Eriodictyol: 4.04mg, Eriodictyol: 4.04mg, Eriodictyol: 4.04mg Hesperetin: 8.67mg, Hesperetin: 8.67mg, Hesperetin: 8.67mg, Hesperetin: 8.67mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 256.87kcal (12.84%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 32.07g (11.66%), Sugar: 29.71g (33.01%), Cholesterol: 0mg (0%), Sodium: 7.42mg (0.32%), Alcohol: 23.33g (100%), Alcohol %: 13.7% (100%), Protein: 0.35g (0.7%), Vitamin C: 22.12mg (26.81%), Folate: 12.07µg (3.02%), Manganese: 0.05mg (2.6%), Copper: 0.04mg (2.21%), Potassium: 76.71mg (2.19%), Iron: 0.35mg (1.94%), Fiber: 0.46g (1.82%), Vitamin B6: 0.03mg (1.67%), Magnesium: 5.57mg (1.39%), Vitamin A: 66.24IU (1.32%), Vitamin B2: 0.02mg (1.27%), Vitamin B1: 0.02mg (1.18%), Calcium: 11.05mg (1.1%)