



WHATSheATE

## Fish House Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



346 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 1.5 cups cognac
- ☐ 1 slices garnish: lemon
- ☐ 1.5 cups juice of lemon fresh (6 to 8 lemons)
- ☐ 0.3 cup peach brandy
- ☐ 750 ml jamaican amber rum
- ☐ 1 cup sugar
- ☐ 3.5 cups water

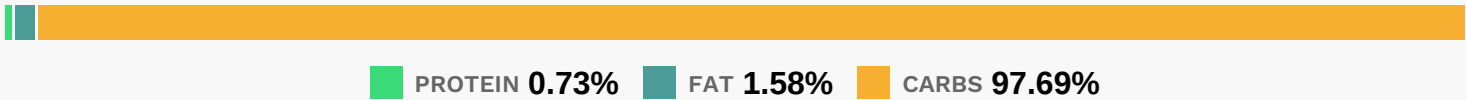
### Equipment

- ☐ bowl
- ☐ pot

## Directions

- ☐ To make ice block, fill carton with water and freeze until solid, about 8 hours (see cooks' note, below).
- ☐ Stir together sugar and 3 1/2 cups water in a large bowl or pot until sugar is dissolved.
- ☐ Add lemon juice, rum, Cognac, and brandy and chill, covered, at least 3 hours.
- ☐ Put ice block in a punch bowl and pour punch over it.
- ☐ • For a clearer ice block, boil water first, then cool to room temperature. •Punch can be chilled up to 6 hours before adding ice.

## Nutrition Facts



## Properties

Glycemic Index:16.58, Glycemic Load:14.11, Inflammation Score:-4, Nutrition Score:1.4826086649428%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 1.94mg, Eriodictyol: 1.94mg, Eriodictyol: 1.94mg, Eriodictyol: 1.94mg Hesperetin: 5.49mg, Hesperetin: 5.49mg, Hesperetin: 5.49mg, Hesperetin: 5.49mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 345.78kcal (17.29%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 22.71g (8.26%), Sugar: 21.22g (23.58%), Cholesterol: 0mg (0%), Sodium: 6.34mg (0.28%), Alcohol: 37.44g (100%), Alcohol %: 18.53% (100%), Protein: 0.17g (0.34%), Vitamin C: 14.69mg (17.81%), Copper: 0.05mg (2.37%), Folate: 7.63µg (1.91%), Manganese: 0.03mg (1.4%), Potassium: 46mg (1.31%), Vitamin B1: 0.02mg (1.11%)