



Fishhouse Punch Royale

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



20

CALORIES



93 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup cognac
- 6 ounces muscovado sugar
- 1 large ice cubes (see note)
- 5 ounces juice of lemon fresh
- 20 servings lemon lime soda
- 10 ounces juice of lime fresh
- 0.5 cup rum dark
- 1 cup rum light

750 milliliter frangelico dry chilled

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Equipment

bowl

Directions

Combine sugar, lemon, and lime juice in a very large punch bowl, stirring until sugar dissolves.

Add light rum, dark rum, and cognac. Stir well.

Add cava and a large ice block.

Serve in ice-filled punch glasses, garnished with lemon and lime wheels if desired.

Nutrition Facts

PROTEIN 0.93% FAT 0.59% CARBS 98.48%

Properties

Glycemic Index:2.25, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.74304345703643%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.3mg, Hesperetin: 2.3mg, Hesperetin: 2.3mg, Hesperetin: 2.3mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 93.27kcal (4.66%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 10.05g (3.66%), Sugar: 8.77g (9.74%), Cholesterol: 0mg (0%), Sodium: 3.11mg (0.14%), Alcohol: 8.02g (100%), Alcohol %: 18.32% (100%), Protein: 0.1g (0.19%), Vitamin C: 7mg (8.48%), Potassium: 35.69mg (1.02%)