



Flaming Brandy Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



235 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups brandy
- ☐ 2 cinnamon sticks
- ☐ 1.3 cups t brown sugar dark packed ()
- ☐ 1500 ml wine dry red
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 grating nutmeg whole
- ☐ 1 cup orange juice fresh
- ☐ 4 inch orange zest

☐ 1.3 cups water

Equipment

☐ bowl

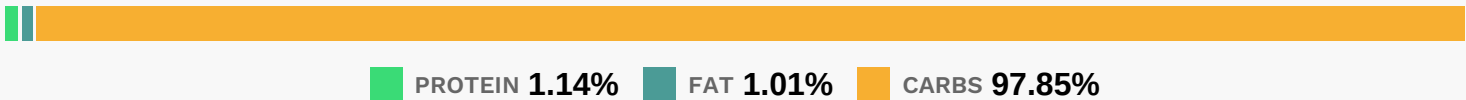
☐ ladle

☐ pot

Directions

- ☐ Bring first 5 ingredients to boil in large pot, stirring until sugar dissolves.
- ☐ Add wine; stir to heat through.
- ☐ Pour mixture into large heatproof glass, ceramic, or metal punch bowl.
- ☐ Mix in orange juice and lemon juice. Holding ladle over punch bowl, fill ladle with brandy; carefully ignite.
- ☐ Pour into punch bowl and allow flame to burn out.
- ☐ Mix in remaining brandy. Grate some nutmeg over punch.

Nutrition Facts



Properties

Glycemic Index:7.1, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:1.2991304031533%

Flavonoids

Petunidin: 2.53mg, Petunidin: 2.53mg, Petunidin: 2.53mg, Petunidin: 2.53mg Delphinidin: 3.18mg, Delphinidin: 3.18mg, Delphinidin: 3.18mg, Delphinidin: 3.18mg Malvidin: 19.96mg, Malvidin: 19.96mg, Malvidin: 19.96mg, Malvidin: 19.96mg Peonidin: 1.41mg, Peonidin: 1.41mg, Peonidin: 1.41mg, Peonidin: 1.41mg Catechin: 5.86mg, Catechin: 5.86mg, Catechin: 5.86mg, Catechin: 5.86mg Epicatechin: 8.11mg, Epicatechin: 8.11mg, Epicatechin: 8.11mg, Epicatechin: 8.11mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 2.36mg, Hesperetin: 2.36mg, Hesperetin: 2.36mg, Hesperetin: 2.36mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 235.08kcal (11.75%), Fat: 0.08g (0.12%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 17.64g (5.88%), Net Carbohydrates: 17.33g (6.3%), Sugar: 14.57g (16.19%), Cholesterol: 0mg (0%), Sodium: 5.32mg (0.23%), Alcohol: 24.02g (100%), Alcohol %: 17.69% (100%), Protein: 0.21g (0.41%), Vitamin C: 9.27mg (11.23%), Manganese: 0.08mg (4.2%), Calcium: 18.09mg (1.81%), Potassium: 53.27mg (1.52%), Copper: 0.03mg (1.4%), Folate: 5.33µg (1.33%), Fiber: 0.3g (1.21%), Vitamin B1: 0.02mg (1.1%), Iron: 0.18mg (1.02%)