



Gin Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



11

CALORIES



477 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup almond syrup
- ☐ 750 ml perrier-jouët grand brut champagne
- ☐ 1 cup massenez crème de framboise
- ☐ 750 ml plymouth gin
- ☐ 11 servings decorative ice block
- ☐ 1.8 cups juice of lemon freshly squeezed
- ☐ 6 lemons cut into half-wheels
- ☐ 3 limes cut into wheels

- ☐ 6 navel oranges cut into quarter-wheels
- ☐ 1 pineapple cut into 1-inch cubes
- ☐ 1 pint raspberries fresh
- ☐ 1.3 cups simple syrup glaze
- ☐ 3 cups water

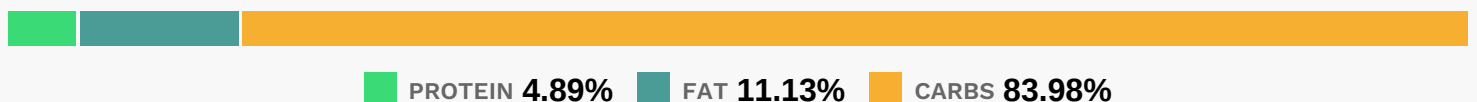
Equipment

- ☐ bowl

Directions

- ☐ Prepare the decorative ice block, allowing a few hours for freezing.
- ☐ Combine all the fruits in a large punch bowl.
- ☐ Add the gin, juice, syrups, crème de framboise, and water. Refrigerate for at least 4 to 5 hours. Just before serving, add the champagne and the decorative ice block.
- ☐ Reprinted with permission from Speakeasy: The Employees Only Guide to Classic Cocktails Reimagined by Jason Kosmas and Dushan Zaric, (C) © 2010 Ten Speed Press
- ☐ Jason Kosmas and Dushan Zaric first became a team at Soho's Pravda, where they were at the forefront of the Martini Craze that swept the late 1990s. They opened Employees Only along with three other owners in 200
- ☐ Together the two have also formed Cocktail Conceptions, a beverage consulting company, and have created branch launches and marketing strategies for major labels such as Absolut, Pernod, Ricard, and Perrier-Jouët Champagne. Their latest bar-restaurant venture is Macao Trading Co. in Tribeca.

Nutrition Facts



Properties

Glycemic Index:15.2, Glycemic Load:7.74, Inflammation Score:-8, Nutrition Score:16.95217381353%

Flavonoids

Cyanidin: 19.85mg, Cyanidin: 19.85mg, Cyanidin: 19.85mg, Cyanidin: 19.85mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 1.55mg, Epicatechin: 1.55mg, Epicatechin: 1.55mg, Epicatechin: 1.55mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Eriodictyol: 14.49mg, Eriodictyol: 14.49mg, Eriodictyol: 14.49mg, Eriodictyol: 14.49mg Hesperetin: 46.61mg, Hesperetin: 46.61mg, Hesperetin: 46.61mg Naringenin: 6.93mg, Naringenin: 6.93mg, Naringenin: 6.93mg, Naringenin: 6.93mg Luteolin: 1.66mg, Luteolin: 1.66mg, Luteolin: 1.66mg, Luteolin: 1.66mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 476.74kcal (23.84%), Fat: 4.04g (6.22%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 68.63g (22.88%), Net Carbohydrates: 59.91g (21.79%), Sugar: 51.21g (56.9%), Cholesterol: 0mg (0%), Sodium: 40.28mg (1.75%), Alcohol: 27.45g (100%), Alcohol %: 5.42% (100%), Protein: 3.99g (7.99%), Vitamin C: 147.29mg (178.53%), Manganese: 1.26mg (63.03%), Fiber: 8.72g (34.87%), Folate: 69.05µg (17.26%), Iron: 3.06mg (16.99%), Magnesium: 65.48mg (16.37%), Potassium: 554.53mg (15.84%), Copper: 0.32mg (15.83%), Vitamin B1: 0.24mg (15.75%), Vitamin E: 2.36mg (15.71%), Vitamin B6: 0.27mg (13.61%), Vitamin B2: 0.21mg (12.32%), Calcium: 111.24mg (11.12%), Phosphorus: 99.74mg (9.97%), Vitamin B5: 0.75mg (7.49%), Vitamin B3: 1.47mg (7.37%), Vitamin A: 275.02IU (5.5%), Zinc: 0.8mg (5.33%), Vitamin K: 4.04µg (3.85%), Selenium: 1.19µg (1.69%)