



## Gin Punch Makes Parties Better. Here's A Recipe For Success (Warm Feeling Inside).

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



100 kcal

BEVERAGE

DRINK

### Ingredients

- 7 ounces granulated sugar
- 6 ounces juice of lemon fresh
- 20 ounces top round dry
- 0.5 ounces orange bitters
- 10 ounces tea

### Equipment

- bowl

# Directions

- In a clean jar or pitcher, combine four bags of Earl Grey tea with ten ounces of cold water. Put a lid on it and let it sit in the refrigerator for ten hours. Strain into a large bowl or pitcher.
- Mix Tanqueray London Dry, fresh lemon juice, granulated sugar and bitters in a bowl.
- Add to tea.
- Pour over an ice block in a punch bowl and garnish with anise-spiked lemons, and perhaps a sprig of rosemary. Throw in some frozen grapes to take things to the next level. Freezing tips: Use containers laying around your cupboards to create a large ice block for dramatic effect and to keep your punch cold longer without watering it down. Old Chinese take-out containers, plastic water pitchers, Bundt pans or jelly molds make great ice molds. Make sure they fit in your punch bowl and then freeze overnight. Run the container under hot water briefly to release the ice block. For added flair, throw in elements of your garnish before freezing.

## Nutrition Facts

 **PROTEIN 33.45%**  **FAT 11.51%**  **CARBS 55.04%**

## Properties

Glycemic Index:4.38, Glycemic Load:8.66, Inflammation Score:-2, Nutrition Score:4.3652173634619%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 100.2kcal (5.01%), Fat: 1.26g (1.94%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 13.55g (4.52%), Net Carbohydrates: 13.52g (4.91%), Sugar: 12.76g (14.18%), Cholesterol: 21.62mg (7.21%), Sodium: 23.44mg (1.02%), Alcohol: 0.4g (100%), Alcohol %: 0.66% (100%), Caffeine: 3.54mg (1.18%), Protein: 8.23g (16.47%), Selenium: 11.39µg (16.27%), Vitamin B6: 0.25mg (12.28%), Vitamin B3: 2.45mg (12.24%), Zinc: 1.63mg (10.86%), Phosphorus: 80.41mg (8.04%), Vitamin B12: 0.48µg (7.97%), Vitamin C: 4.11mg (4.99%), Potassium: 149.93mg (4.28%), Iron: 0.72mg (3.98%), Vitamin B2: 0.06mg (3.44%), Vitamin B5: 0.26mg (2.56%), Magnesium: 10.03mg (2.51%), Vitamin B1: 0.04mg (2.41%), Manganese: 0.05mg (2.28%), Copper: 0.04mg (2.11%), Folate: 7.97µg (1.99%)