



Hibiscus Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



69 kcal

BEVERAGE

DRINK

Ingredients



1 cup snow peas



0.7 cup caster sugar



8 cups water

Equipment



sieve

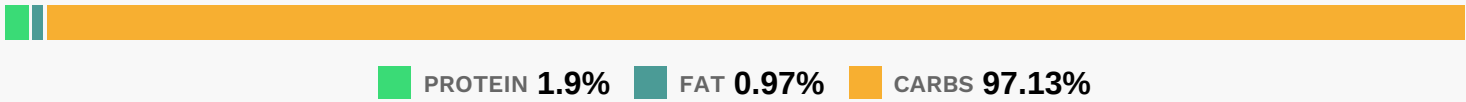


dutch oven

Directions

- ☐ Combine water and hibiscus in a large nonaluminum Dutch oven. Cover and let stand 2 hours. Bring to a boil. Reduce heat and simmer, uncovered, 5 minutes. Strain through a sieve, reserving punch; discard solids.
- ☐ Add sugar, stirring until sugar dissolves; chill.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:11.64, Inflammation Score:-1, Nutrition Score:1.3760869593724%

Nutrients (% of daily need)

Calories: 69.31kcal (3.47%), Fat: 0.08g (0.12%), Saturated Fat: 0g (0.03%), Carbohydrates: 17.52g (5.84%), Net Carbohydrates: 17.21g (6.26%), Sugar: 17.12g (19.03%), Cholesterol: 0mg (0%), Sodium: 12.49mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.69%), Vitamin C: 7.35mg (8.91%), Vitamin K: 3.06µg (2.92%), Vitamin A: 133.16IU (2.66%), Copper: 0.05mg (2.43%), Manganese: 0.03mg (1.53%), Iron: 0.26mg (1.46%), Magnesium: 5.31mg (1.33%), Folate: 5.14µg (1.29%), Fiber: 0.32g (1.27%), Calcium: 12.53mg (1.25%), Vitamin B1: 0.02mg (1.23%)