



Hibiscus Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



128 kcal

BEVERAGE

DRINK

Ingredients



2 cups hibiscus flower pods dried (see note)



2 cups caster sugar plus more to taste



4 quarts water

Equipment



pot



sieve



dutch oven

Directions

- ☐ Add the water and dried hibiscus to a large nonaluminum Dutch oven. Cover and let stand at least 2 hours.
- ☐ Uncover the pot and bring to a boil. Reduce the heat and let simmer for 6 to 8 minutes.
- ☐ Strain through a sieve, discarding the solids.
- ☐ Add the sugar and stir until it dissolves. Refrigerate until well chilled.
- ☐ Pour into small cocktail glasses filled with ice.
- ☐ Garnish, if desired.
- ☐ Hibiscus pods or dried flowers are known as jamaica ("ha-myee-kah") in Mexican and Caribbean markets or online at MexGrocer.com.Do Tell: Hibiscus—often used to make jams, jellies, and sauces—is rich in vitamin C.
- ☐ From Porch Parties: Cocktail Recipes and Easy Ideas for Outdoor Entertaining by Denise Gee. Text copyright © 2009 by Denise Gee; photographs copyright © 2009 by Robert M. Peacock. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:23.27, Inflammation Score:-1, Nutrition Score:0.39782608818749%

Nutrients (% of daily need)

Calories: 128.33kcal (6.42%), Fat: 0.11g (0.16%), Saturated Fat: 0g (0%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 33.2g (12.07%), Sugar: 33.27g (36.96%), Cholesterol: 0mg (0%), Sodium: 17.68mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Copper: 0.05mg (2.64%), Vitamin A: 116.72IU (2.33%), Calcium: 12.95mg (1.3%), Magnesium: 4.34mg (1.08%)