



Honey Blackberry Shrub Punch

 Vegetarian  Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



286 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup blackberries
- 8 ounces bourbon
- 0.8 cup apple cider vinegar
- 0.5 cup honey
- 4 cups ice cubes
- 6 large sprigs mint leaves
- 0.5 cup water

Equipment

wooden spoon

Directions

- For the Shrub: In a glass or plastic container with a lid, combine berries and honey.
- Add vinegar and water and stir gently until honey is dissolved and berries have begun to release juices, being careful not to mash berries. Cover and refrigerate overnight or up to 1 week.
- Transfer half of shrub mixture (with berries) to a large pitcher. Reserve remaining shrub for later use.
- Add bourbon and mint to shrub. Lightly bruise mint with a wooden spoon.
- Add ice and seltzer to pitcher. Stir gently to combine and serve immediately.

Nutrition Facts

 PROTEIN 1.7%  FAT 1.07%  CARBS 97.23%

Properties

Glycemic Index:33.07, Glycemic Load:18.76, Inflammation Score:-4, Nutrition Score:3.7230435117431%

Flavonoids

Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 285.74kcal (14.29%), Fat: 0.19g (0.29%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 39.02g (13.01%), Net Carbohydrates: 36.9g (13.42%), Sugar: 36.73g (40.81%), Cholesterol: 0mg (0%), Sodium: 18.64mg (0.81%), Alcohol: 18.94g (100%), Alcohol %: 5.36% (100%), Protein: 0.68g (1.37%), Manganese: 0.41mg (20.29%), Vitamin C: 8.25mg (10%), Fiber: 2.11g (8.45%), Copper: 0.14mg (6.88%), Vitamin K: 7.13µg (6.79%), Magnesium: 14.15mg (3.54%),

Potassium: 122.74mg (3.51%), Iron: 0.59mg (3.28%), Folate: 11.56µg (2.89%), Vitamin A: 140.76IU (2.82%), Vitamin E: 0.42mg (2.81%), Calcium: 27.75mg (2.77%), Zinc: 0.37mg (2.45%), Vitamin B2: 0.03mg (1.87%), Phosphorus: 16.56mg (1.66%), Vitamin B3: 0.32mg (1.58%), Vitamin B5: 0.13mg (1.33%), Vitamin B6: 0.02mg (1.17%)