



Hot Punch (Ponche)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



10

CALORIES



233 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 inch mexican cinnamon
- ☐ 1 pound guava quartered
- ☐ 2 cups pineapple diced (1-inch)
- ☐ 0.5 cup prune- cut to pieces
- ☐ 0.8 cup raisins
- ☐ 2 golden delicious apples cored peeled cut in 1/8ths
- ☐ 1 cup sugar
- ☐ 10 servings tequila

- ☐ 8 cups water
- ☐ 0.5 pound crabapples cored peeled
- ☐ 9 inch sugarcane cut in strips
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- ☐ 9 inch sugarcane cut in strips

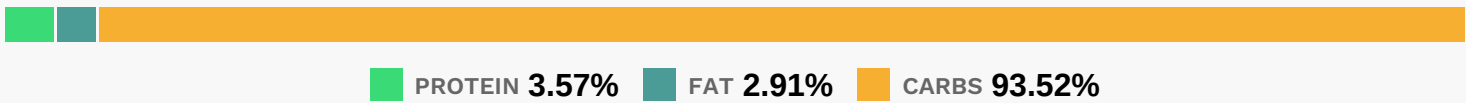
Equipment

- ☐ pot

Directions

- ☐ In a large pot, place the guava, pineapple, crabapples, raisins, prunes, sugarcane, apples, cinnamon, sugar and 8 cups water. Bring the mixture to a boil, and then lower the heat and simmer for 1 hour.
- ☐ Serve hot in a mug that has a shot of tequila in it.

Nutrition Facts



Properties

Glycemic Index:33.36, Glycemic Load:26.21, Inflammation Score:-7, Nutrition Score:10.743043526359%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 232.97kcal (11.65%), Fat: 0.7g (1.07%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 50.49g (16.83%), Net Carbohydrates: 44.92g (16.34%), Sugar: 34.37g (38.19%), Cholesterol: 0mg (0%), Sodium: 14.71mg (0.64%), Alcohol: 5.01g (100%), Alcohol %: 1.77% (100%), Protein: 1.93g (3.85%), Vitamin C: 121.54mg (147.32%), Manganese: 0.58mg

(29.25%), Fiber: 5.57g (22.27%), Copper: 0.25mg (12.26%), Potassium: 421.62mg (12.05%), Vitamin A: 392.14IU (7.84%), Folate: 29.98µg (7.5%), Vitamin K: 7.64µg (7.27%), Vitamin B6: 0.14mg (7.07%), Magnesium: 24.96mg (6.24%), Vitamin B1: 0.08mg (5.36%), Vitamin B3: 0.99mg (4.93%), Vitamin B2: 0.08mg (4.64%), Phosphorus: 40.06mg (4.01%), Iron: 0.7mg (3.9%), Calcium: 35.32mg (3.53%), Vitamin B5: 0.34mg (3.42%), Vitamin E: 0.46mg (3.06%), Zinc: 0.26mg (1.72%)