



Kentucky River Fish Kill Punch



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



66 kcal

BEVERAGE

DRINK

Ingredients



8 ounces grapefruit juice



12 servings ice cubes



12 servings grating nutmeg whole for grating



8 ounces sparkling wine chilled



16 ounces turkey wild

Equipment

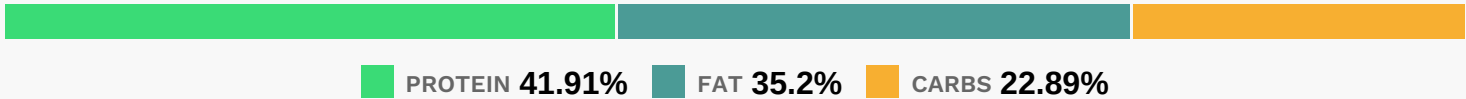


bowl

Directions

- ☐ Combine rye, Aperol, and grapefruit juice in punch bowl. Stir, then add sparkling wine.
- ☐ Add ice.
- ☐ Float grapefruit slices on top for garnish. Grate nutmeg on top.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:1.4, Inflammation Score:-1, Nutrition Score:3.2826087099055%

Nutrients (% of daily need)

Calories: 66.3kcal (3.31%), Fat: 2.26g (3.47%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 3.3g (1.1%), Net Carbohydrates: 2.87g (1.04%), Sugar: 2.88g (3.2%), Cholesterol: 19.32mg (6.44%), Sodium: 34.88mg (1.52%), Alcohol: 1.21g (100%), Alcohol %: 1.25% (100%), Protein: 6.05g (12.1%), Vitamin B3: 2.15mg (10.75%), Vitamin B6: 0.17mg (8.39%), Selenium: 5.79µg (8.27%), Vitamin C: 5.14mg (6.24%), Phosphorus: 58.29mg (5.83%), Vitamin B12: 0.33µg (5.46%), Zinc: 0.56mg (3.74%), Magnesium: 14.71mg (3.68%), Potassium: 114.37mg (3.27%), Vitamin B2: 0.05mg (3.1%), Manganese: 0.06mg (3.06%), Copper: 0.05mg (2.61%), Iron: 0.44mg (2.46%), Vitamin B5: 0.24mg (2.37%), Fiber: 0.43g (1.74%), Vitamin B1: 0.02mg (1.32%), Calcium: 11.53mg (1.15%)