



Le Punch Fantastique



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



225 kcal

BEVERAGE

DRINK

Ingredients



0.3 oz allspice



2 dashes angostura bitters



1 ounce seltzer water



2 ounce cognac



0.3 ounce ginger fresh (see below)



1 ounce sparkling wine



3 coarsely sugar cubes

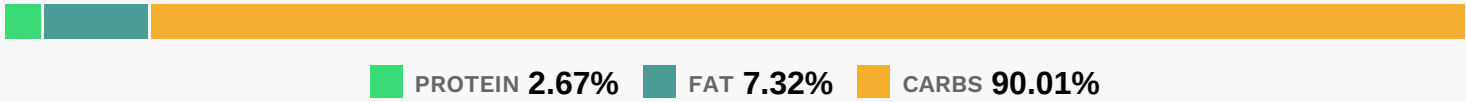
Equipment

☐ frying pan

Directions

- ☐ Muddle sugar cubes with club soda and bitters in a shaker.
- ☐ Add two ice cubes.
- ☐ Add all other ingredients except for sparkling wine. Stir.
- ☐ Strain into highball glass filled with ice and top with sparkling wine.
- ☐ Garnish with a brandied cherry.
- ☐ Combine equal parts freshly pressed ginger juice and sugar in a small pan. Simmer until sugar dissolves.

Nutrition Facts



Properties

Glycemic Index:115.09, Glycemic Load:9.08, Inflammation Score:-4, Nutrition Score:2.2886956574638%

Nutrients (% of daily need)

Calories: 224.9kcal (11.24%), Fat: 0.71g (1.09%), Saturated Fat: 0.2g (1.22%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 17.9g (6.51%), Sugar: 12.68g (14.09%), Cholesterol: 0mg (0%), Sodium: 15mg (0.65%), Alcohol: 21.65g (100%), Alcohol %: 19.38% (100%), Protein: 0.58g (1.16%), Manganese: 0.24mg (11.79%), Fiber: 1.67g (6.69%), Calcium: 52.07mg (5.21%), Magnesium: 15.73mg (3.93%), Iron: 0.69mg (3.82%), Vitamin C: 3.13mg (3.8%), Potassium: 130.29mg (3.72%), Copper: 0.07mg (3.64%), Phosphorus: 16.94mg (1.69%), Vitamin B6: 0.03mg (1.62%), Vitamin B3: 0.29mg (1.46%), Zinc: 0.17mg (1.14%)