



Lowcountry Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



14 min.

SERVINGS



14

CALORIES



220 kcal

BEVERAGE

DRINK

Ingredients

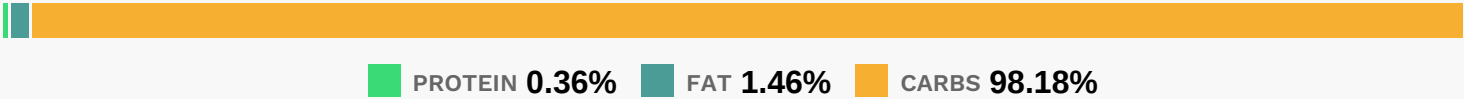
- ☐ 4 tea bags green
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.5 cup orange liqueur
- ☐ 1.5 cups rum
- ☐ 32 oz seltzer water chilled
- ☐ 0.5 cup sugar
- ☐ 1.5 cups water boiling
- ☐ 2.5 cups irish whiskey

Equipment

Directions

- ☐ Pour boiling water over tea bags; cover and steep 4 minutes.
- ☐ Remove and discard tea bags. Stir in 1/2 cup sugar until dissolved, adding additional sugar (up to 1/2 cup) if desired.
- ☐ Combine tea, whiskey, and next 3 ingredients in a pitcher. Cover and chill 1 to 4 hours. Stir in seltzer water.
- ☐ Serve over ice.
- ☐ Note: We tested with Triple Sec orange liqueur.

Nutrition Facts



Properties

Glycemic Index:7.15, Glycemic Load:4.99, Inflammation Score:-3, Nutrition Score:0.45478261626609%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 220.13kcal (11.01%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 10.45g (3.8%), Sugar: 10.1g (11.23%), Cholesterol: 0mg (0%), Sodium: 15.97mg (0.69%), Alcohol: 25.95g (100%), Alcohol %: 17.93% (100%), Protein: 0.04g (0.08%), Vitamin C: 3.37mg (4.09%), Copper: 0.02mg (1.23%)