



Midnight Cowboy's Fish House Punch

 **Gluten Free**  **Dairy Free**

READY IN



250 min.

SERVINGS



8

CALORIES



194 kcal

BEVERAGE

DRINK

Ingredients

- 6 ounces cognac such as pierre ferrand ambre
- 1 tea bags green
- 3 ounces juice of lemon freshly squeezed
- 1.5 ounces maraschino liqueur such as luxardo
- 1.5 ounces peaches
- 1 slices raspberries
- 12 ounces rum such as appleton vx jamaican
- 3 ounces simple syrup glaze (see note above)

6 ounces water hot

Equipment

bowl

Directions

- Steep the green tea bag in the hot water for 10 minutes, then remove and allow the tea to cool.
- Combine the green tea with rum, cognac, maraschino liqueur, peach liqueur, lemon juice, and simple syrup. Cover and chill in the refrigerator for at least 2 and up to 6 hours.
- Pour mixture into ice filled punch bowl or pitcher and top with prosecco.
- Garnish with citrus slices and raspberries.
- Serve in glasses filled with ice.

Nutrition Facts

PROTEIN 0.8% **FAT 0.84%** **CARBS 98.36%**

Properties

Glycemic Index:12.03, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:0.77130434824073%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 1.54mg, Hesperetin: 1.54mg, Hesperetin: 1.54mg, Hesperetin: 1.54mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 194.45kcal (9.72%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 10.65g (3.87%), Sugar: 10.19g (11.32%), Cholesterol: 0mg (0%), Sodium: 8.67mg (0.38%), Alcohol: 23.45g (100%), Alcohol %: 25.28% (100%), Protein: 0.09g (0.17%), Vitamin C: 4.36mg (5.29%), Iron: 0.44mg (2.42%),

Vitamin B1: 0.02mg (1.43%), Copper: 0.02mg (1.24%)