



Mississippi Bourbon Punch



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



339 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups bourbon chilled
- ☐ 1 cup club soda chilled
- ☐ 1 cup 1/4 cup dried cranberry (juice sweetened if possible) chilled
- ☐ 12 oz grenadine syrup chilled
- ☐ 8 cups ice cubes
- ☐ 12 oz lemon-lime drink chilled soft canned
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 cup orange juice fresh chilled

☐ 1500 milliliter muscadine wine dry chilled

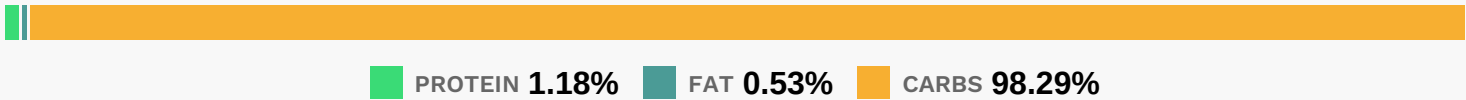
Equipment

☐ bowl

Directions

- ☐ Pour muscadine wine, grenadine, bourbon, orange juice, cranberry juice, and lime juice into a punch bowl. Stir in ice cubes, lemon–lime soft drink, and club soda.
- ☐ Garnish, if desired.
- ☐ *Chardonnay may be substituted.
- ☐ Note: We tested with Morgan Creek Vineyards Cahaba White Alabama muscadine wine and Stirrings grenadine.

Nutrition Facts



Properties

Glycemic Index:23.8, Glycemic Load:26.41, Inflammation Score:–6, Nutrition Score:3.664347830026%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 3.69mg, Hesperetin: 3.69mg, Hesperetin: 3.69mg, Hesperetin: 3.69mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 339.39kcal (16.97%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 36.79g (12.26%), Net Carbohydrates: 36.68g (13.34%), Sugar: 25.79g (28.65%), Cholesterol: 0mg (0%), Sodium: 35.9mg (1.56%), Alcohol: 27.85g (100%), Alcohol %: 6.69% (100%), Caffeine: 5.1mg (1.7%), Protein: 0.44g (0.89%), Vitamin C: 17.17mg (20.82%), Manganese: 0.2mg (10.02%), Potassium: 240.22mg (6.86%), Magnesium: 25.46mg (6.36%), Vitamin B6: 0.11mg (5.43%), Copper: 0.09mg (4.29%), Phosphorus: 41.87mg (4.19%), Iron: 0.72mg (4.02%), Vitamin B2: 0.05mg (3.12%), Calcium: 27.64mg (2.76%), Folate: 10.02µg (2.51%), Vitamin B1: 0.04mg (2.43%), Zinc: 0.35mg (2.31%), Vitamin E: 0.33mg (2.21%), Vitamin B3: 0.4mg (1.98%), Vitamin A: 65.02IU (1.3%), Vitamin K: 1.36µg (1.3%), Vitamin B5: 0.11mg (1.13%)