



Napa Valley Winter Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



445 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 inch cinnamon sticks
- ☐ 1 ice cubes
- ☐ 1 slices optional: lemon
- ☐ 1.3 cups juice of lemon fresh
- ☐ 1.3 cups orange juice fresh
- ☐ 1 teaspoon peaches
- ☐ 2.3 cups rum
- ☐ 2 cups simple syrup glaze

- ☐ 0.3 cup sugar
- ☐ 1.5 tablespoons allspice whole
- ☐ 2 frangelico whole
- ☐ 2 frangelico whole

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Place cinnamon and nutmeg in resealable plastic bag; crack into pieces using mallet or rolling pin.
- ☐ Transfer to spice grinder.
- ☐ Add allspice; blend to coarse powder.
- ☐ Transfer 1 tablespoon to shallow dish; mix in 1/3 cup sugar. Set spiced sugar aside.
- ☐ Stir remaining spice powder in medium saucepan over medium-high heat until just beginning to smoke, about 2 minutes.
- ☐ Remove from heat. Cool 5 minutes. Repeat heating and cooling process 3 more times until spices are very fragrant but not burned.
- ☐ Add syrup; bring to boil. Reduce heat; simmer 5 minutes. Strain through sieve into bowl. Cool.
- ☐ Mix 3/4 cup spice syrup, rum, lemon juice, orange juice, and bitters in punch bowl.
- ☐ Add ice and citrus slices. Rub 1 orange slice around rim of 8 glasses to moisten; dip glasses into spiced sugar.
- ☐ Place glasses around punch bowl.

Nutrition Facts



 PROTEIN 0.64%  FAT 0.9%  CARBS 98.46%

Properties

Glycemic Index:27.86, Glycemic Load:8.01, Inflammation Score:-4, Nutrition Score:4.9539130281495%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg Hesperetin: 10.39mg, Hesperetin: 10.39mg, Hesperetin: 10.39mg Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 444.58kcal (22.23%), Fat: 0.31g (0.48%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 77.72g (25.91%), Net Carbohydrates: 77.18g (28.07%), Sugar: 74.28g (82.53%), Cholesterol: 0mg (0%), Sodium: 51.59mg (2.24%), Alcohol: 22.55g (100%), Alcohol %: 11.83% (100%), Protein: 0.5g (1%), Vitamin C: 35.14mg (42.59%), Iron: 3.28mg (18.21%), Vitamin B1: 0.16mg (10.63%), Potassium: 187.29mg (5.35%), Folate: 19.86µg (4.96%), Vitamin B2: 0.07mg (4.32%), Magnesium: 16.92mg (4.23%), Manganese: 0.07mg (3.63%), Copper: 0.06mg (3.17%), Calcium: 27.19mg (2.72%), Fiber: 0.54g (2.17%), Phosphorus: 20.88mg (2.09%), Vitamin B6: 0.04mg (1.87%), Vitamin A: 89.26IU (1.79%), Vitamin B3: 0.33mg (1.63%), Zinc: 0.24mg (1.62%), Vitamin B5: 0.13mg (1.26%), Selenium: 0.77µg (1.1%)