

Negroni Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



251 kcal

BEVERAGE

DRINK

Ingredients



1 cup campari



4 cups fruit fresh assorted pitted sliced (such as berries, cherries, and apricots and peaches)



1 cup hendrick's gin



8 servings ice cubes



2 tablespoons sugar



1 cup mirin sweet



1500 ml frangelico chilled



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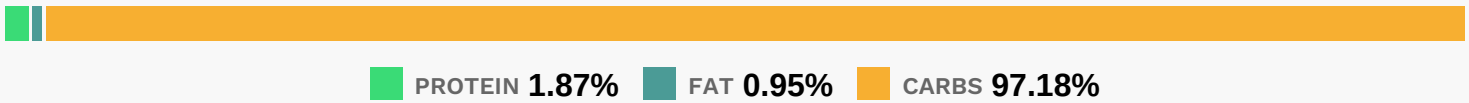
Equipment

☐ bowl

Directions

- ☐ Place fruit in large punch bowl.
- ☐ Sprinkle withsugar to taste, if desired; stir and let stand 10 minutes for sugar to dissolve and juices to form.
- ☐ Add all remaining ingredients except ice cubes. Divide punch among 8 tall ice-filled glasses and serve.
- ☐ One serving contains the following: Calories (kcal) 422.80;
- ☐ %Calories from Fat 0.0;Fat (g) 0.00;Saturated Fat (g)
- ☐ 00; Cholesterol (mg)
- ☐ Carbohydrates (g)
- ☐ 31; Dietary Fiber (g)
- ☐ 85; Total Sugars (g)
- ☐ 46; Net Carbs (g) 30.46; Protein (g)
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:2.09, Inflammation Score:-5, Nutrition Score:2.0586956259187%

Nutrients (% of daily need)

Calories: 251.16kcal (12.56%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 29.44g (9.81%), Net Carbohydrates: 27.54g (10.01%), Sugar: 16.33g (18.14%), Cholesterol: 0mg (0%), Sodium: 9.06mg (0.39%), Alcohol: 19.57g (100%), Alcohol %: 9.29% (100%), Protein: 0.57g (1.13%), Fiber: 1.9g (7.58%), Vitamin A: 357.87IU (7.16%), Copper: 0.1mg (5.22%), Vitamin K: 5.45µg (5.19%), Vitamin C: 2.61mg (3.16%), Potassium: 106.13mg (3.03%), Vitamin B3: 0.47mg (2.34%), Iron: 0.38mg (2.12%), Manganese: 0.04mg (1.88%), Vitamin B2: 0.03mg (1.78%), Magnesium: 6.49mg (1.62%), Phosphorus: 15.42mg (1.54%), Vitamin B1: 0.02mg (1.07%)