



Orange Basil Rum Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



12

CALORIES



278 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup loose basil leaves
- ☐ 12 servings club soda to taste
- ☐ 1 cup basil leaves fresh packed
- ☐ 0.5 cup juice of lime fresh
- ☐ 750 ml rum white
- ☐ 2 cup sugar
- ☐ 1 cup water
- ☐ 12 servings garnish

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Equipment

☐ sauce pan

☐ sieve

Directions

☐ Place the sugar and the water in a small saucepan. Bring to a gentle boil over medium-low heat, stirring occasionally to help dissolve the sugar. Once the sugar has dissolved remove the syrup from the heat.

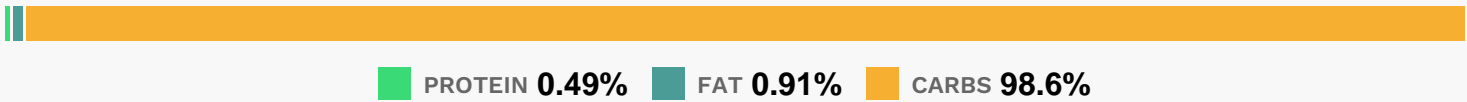
☐ Add the basil leaves to the saucepan. Allow the syrup to sit for at least 1 hour before straining through a fine-mesh sieve. Discard the basil leaves. Store the syrup in an airtight container and place in the refrigerator until ready to use. Syrup will keep, refrigerated, for several weeks.Cocktail:In a large pitcher combine basil syrup, rum, orange slices, and lime juice.

☐ Let the mixture sit for about one hour so that the flavors may come together.Just before serving add the basil leaves to the pitcher.To

☐ Serve:Fill a festive party glass with ice cubes and pour about 6 ounces of the rum mixture into the glass. Top with club soda to taste.

☐ Garnish with sprigs of basil, orange or lime slices according to your preference.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:23.3, Inflammation Score:-3, Nutrition Score:1.6791304343421%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 278.23kcal (13.91%), Fat: 0.14g (0.21%), Saturated Fat: 0g (0.02%), Carbohydrates: 34.15g (11.39%), Net Carbohydrates: 34.05g (12.38%), Sugar: 33.45g (37.17%), Cholesterol: 0mg (0%), Sodium: 2.52mg (0.11%), Alcohol:

21.18g (100%), Alcohol %: 20.4% (100%), Protein: 0.17g (0.34%), Vitamin K: 16.66µg (15.87%), Vitamin C: 3.74mg (4.54%), Vitamin A: 216.04IU (4.32%), Manganese: 0.06mg (3.02%), Copper: 0.04mg (1.85%)