



## 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

12 servings garnish

## 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

**PROTEIN 0.49%** **FAT 0.91%** **CARBS 98.6%**

## 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%)