



Peppery Punch

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



232 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups champagne
- 0.5 cup st. germain (such as St-Germain)
- 2 cups hendrick's gin
- 0.5 cup juice of lemon
- 10 servings lemons freshly ground sliced quartered for garnish
- 1.3 cups orange juice
- 0.5 cup sugar

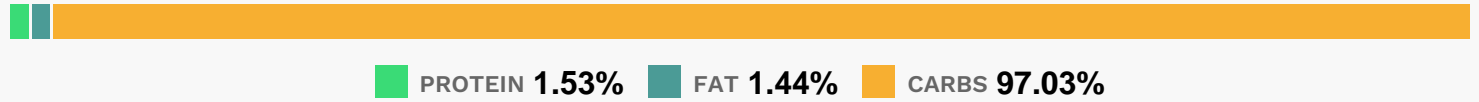
Equipment

- bowl
- sauce pan

Directions

- Make the simple syrup: Bring the sugar and 1/2 cup water to a boil in a saucepan over medium heat, stirring until the sugar dissolves; let cool.
- Combine the orange juice, lemon juice and 1/2 cup simple syrup in a punch bowl.
- Add the gin and elderflower liqueur and stir. Fill with ice, then add the champagne.
- Garnish with lemons, strawberries and pepper.
- Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:16.91, Glycemic Load:8.64, Inflammation Score:-4, Nutrition Score:2.1673913073281%

Flavonoids

Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg Hesperetin: 5.47mg, Hesperetin: 5.47mg, Hesperetin: 5.47mg, Hesperetin: 5.47mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 232.37kcal (11.62%), Fat: 0.13g (0.19%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 19.11g (6.95%), Sugar: 17.98g (19.98%), Cholesterol: 0mg (0%), Sodium: 4.34mg (0.19%), Alcohol: 19.05g (100%), Alcohol %: 15.06% (100%), Protein: 0.3g (0.61%), Vitamin C: 20.22mg (24.51%), Potassium: 118.59mg (3.39%), Folate: 12.23µg (3.06%), Magnesium: 9.03mg (2.26%), Vitamin B1: 0.03mg (2.25%), Copper: 0.03mg (1.64%), Iron: 0.29mg (1.64%), Phosphorus: 15.4mg (1.54%), Vitamin B6: 0.03mg (1.41%), Manganese: 0.03mg (1.38%), Vitamin A: 63.28IU (1.27%), Vitamin B2: 0.02mg (1.17%)