



Persimmon Rum Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



2636 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cinnamon sticks
- ☐ 0.5 ounce rum dark
- ☐ 1 pinch nutmeg freshly grated (for garnish)
- ☐ 2 dash orange bitters
- ☐ 2 ounce squeezed orange juice fresh (pulp strained out)
- ☐ 1 slice persimmon (for garnish)
- ☐ 750 ml gold rum
- ☐ 1 cup sugar

☐ 1 cup water

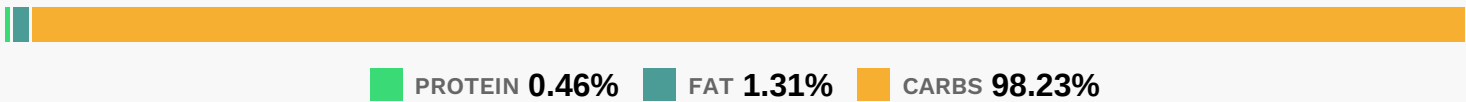
Equipment

- ☐ sauce pan
- ☐ cheesecloth
- ☐ funnel

Directions

☐ Combine the persimmon slices and rum (keeping the rum bottle) in a large wide-mouthed jar. Seal and place in a dark area for 3 days (or more), gently shaking daily. Once the flavor is bold enough for your taste, discard the persimmon slices and strain through a funnel double lined with cheesecloth back into the liquor bottle. Refrigerate the extra rum. To make the cinnamon syrup: In a small saucepan add water and cinnamon and bring to boil. Simmer for 10 minutes, and strain out cinnamon sticks. Bring water back to a boil, add sugar and stir until sugar is dissolved, lower heat and simmer about 10 minutes until syrupy in consistency. Refrigerate the extra syrup up to one week. To make the rum punch: In a cocktail shaker half filled with ice cubes, pour together 2 ounce persimmon infused rum, ¼ ounce cinnamon syrup, orange juice, dark rum and orange bitters, shake vigorously. Strain into an ice-filled glass; garnish with extra persimmon slices and a fresh grating of nutmeg.

Nutrition Facts



Properties

Glycemic Index:277.09, Glycemic Load:143.19, Inflammation Score:-9, Nutrition Score:11.444782625074%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 6.78mg, Hesperetin: 6.78mg, Hesperetin: 6.78mg, Hesperetin: 6.78mg Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 2636.36kcal (131.82%), Fat: 1.29g (1.99%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 218.13g (72.71%), Net Carbohydrates: 210.37g (76.5%), Sugar: 205.21g (228.01%), Cholesterol: 0mg (0%), Sodium: 23.72mg (1.03%),

Alcohol: 259.75g (100%), Alcohol %: 25.59% (100%), Protein: 1.02g (2.04%), Manganese: 2.63mg (131.48%), Vitamin C: 29.57mg (35.84%), Fiber: 7.76g (31.02%), Calcium: 157.72mg (15.77%), Copper: 0.3mg (14.86%), Iron: 1.74mg (9.69%), Vitamin B1: 0.1mg (6.94%), Potassium: 199.84mg (5.71%), Vitamin B2: 0.09mg (5.43%), Phosphorus: 51.99mg (5.2%), Magnesium: 18.83mg (4.71%), Folate: 18.61µg (4.65%), Zinc: 0.66mg (4.4%), Vitamin K: 4.42µg (4.21%), Vitamin A: 155.72IU (3.11%), Vitamin B6: 0.05mg (2.71%), Vitamin B3: 0.53mg (2.64%), Selenium: 1.71µg (2.44%), Vitamin E: 0.35mg (2.32%), Vitamin B5: 0.16mg (1.58%)