



Philadelphia Fish House Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



196 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups cognac
- 1.5 cups juice of lemon fresh
- 1 cup peaches (such as Bols)
- 2 cups peaches fresh frozen thawed sliced (or ,)
- 4.3 cups rum (such as Appleton Estate)
- 1.3 cups sugar
- 12 thyme sprigs

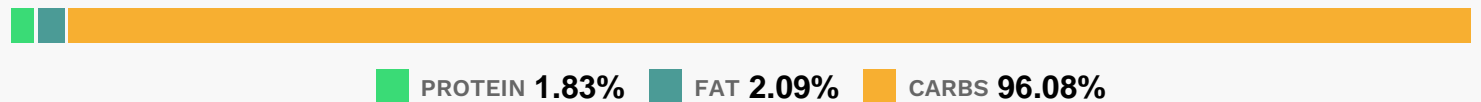
Equipment

- bowl
- ladle
- kugelhkopf pan

Directions

- Arrange 2 cups sliced fresh (or frozen, thawed) peaches and 12 thyme sprigs along the bottom of a 10–12-cup Bundt pan. Fill pan with cold water and freeze to make an ice ring.
- Combine 1 1/4 cups sugar and 1 1/4 cups water in a jar; cover and shake to dissolve to make simple syrup. DO AHEAD: Ice ring and simple syrup can be made 2 weeks ahead. Keep ice ring frozen. Chill simple syrup.
- Pour simple syrup into a large wide container or a punch bowl.
- Add 1 liter (4 1/4 cups) Jamaican gold rum (such as Appleton Estate), 2 cups Cognac, 1 1/2 cups fresh lemon juice, and 1 cup peach liqueur (such as Bols). Cover and chill for at least 2 hours or overnight.
- Add 6 cups cold water to punch; stir gently to blend.
- Remove ice ring from Bundt pan and float, rounded side up, in punch. Ladle into glasses filled with ice.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:7.96, Inflammation Score:-6, Nutrition Score:1.2213043518688%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 196.42kcal (9.82%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 13.49g (4.5%), Net Carbohydrates: 13.09g (4.76%), Sugar: 12.4g (13.77%), Cholesterol: 0mg (0%), Sodium: 3.43mg (0.15%), Alcohol: 20.88g (100%), Alcohol %: 24.52% (100%), Protein: 0.26g (0.51%), Vitamin C: 7.49mg (9.08%), Vitamin A: 87.43IU (1.75%), Copper: 0.03mg (1.7%), Manganese: 0.03mg (1.69%), Fiber: 0.4g (1.62%), Potassium: 43.7mg (1.25%), Folate: 4.43µg (1.11%), Vitamin E: 0.16mg (1.09%), Iron: 0.2mg (1.08%)