



Pineapple Pisco Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



180 min.

SERVINGS



20

CALORIES



182 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 liter club soda
- ☐ 20 servings hibiscus blossoms fresh for garnish, optional
- ☐ 32 ounce juice of lemon fresh
- ☐ 4 lime zest
- ☐ 20 servings mint leaves for garnish, optional
- ☐ 2 pineapples
- ☐ 32 ounce simple syrup glaze chilled
- ☐ 2 grapefruit white

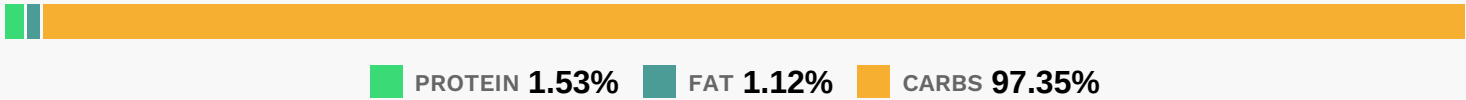
Equipment

☐ bowl

Directions

- ☐ Cut pineapple into ½-inch chunks, and put into a large covered jar.
- ☐ Add the grapefruit zest to remaining 16 ounces of cold simple syrup. Cover, shake to agitate, and refrigerate for 24 hours. Strain away zest and store in refrigerator. Make the punch: In large bowl, combine pineapple infused Pisco and all of the pineapple chunks, lime syrup, grapefruit syrup, and lemon juice. Refrigerate for at least 3 hours.
- ☐ Pour in the club soda and add a large ice block into bowl just before serving.
- ☐ Garnish with mint and fresh hibiscus, optional.

Nutrition Facts



Properties

Glycemic Index:5.78, Glycemic Load:6.54, Inflammation Score:-4, Nutrition Score:8.8152174301769%

Flavonoids

Eriodictyol: 2.52mg, Eriodictyol: 2.52mg, Eriodictyol: 2.52mg, Eriodictyol: 2.52mg Hesperetin: 12.43mg, Hesperetin: 12.43mg, Hesperetin: 12.43mg, Hesperetin: 12.43mg Naringenin: 1.11mg, Naringenin: 1.11mg, Naringenin: 1.11mg, Naringenin: 1.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 182.01kcal (9.1%), Fat: 0.25g (0.39%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 49.73g (16.58%), Net Carbohydrates: 47.87g (17.41%), Sugar: 43.49g (48.33%), Cholesterol: 0mg (0%), Sodium: 49.28mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Vitamin C: 65.06mg (78.86%), Manganese: 0.86mg (42.91%), Iron: 2.07mg (11.52%), Vitamin B1: 0.15mg (9.75%), Fiber: 1.86g (7.44%), Folate: 27.6µg (6.9%), Copper: 0.13mg (6.7%), Vitamin B6: 0.13mg (6.47%), Potassium: 195.63mg (5.59%), Magnesium: 20.76mg (5.19%), Vitamin B2: 0.07mg (4.02%), Calcium: 32.34mg (3.23%), Vitamin B3: 0.58mg (2.92%), Vitamin B5: 0.28mg (2.85%), Zinc: 0.34mg (2.29%), Vitamin A: 108.5IU (2.17%), Phosphorus: 17.67mg (1.77%)