



Pisco Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



190 min.

SERVINGS



12

CALORIES



524 kcal

BEVERAGE

DRINK

Ingredients

- 10 ounces xanthan gum
- 12 servings ice cubes for serving
- 9 ounces juice of lemon freshly squeezed (from 7 medium lemons)
- 12 small pineapple fresh for garnish

Equipment

Directions

Combine the pisco, pineapple gum syrup, and lemon juice in a 2-quart container. Refrigerate until chilled, about 3 hours. Before serving, stir to recombine the mixture.

Serve over ice and garnish with a pineapple wedge.

Nutrition Facts

PROTEIN 3.36% **FAT 1.73%** **CARBS 94.91%**

Properties

Glycemic Index:4.89, Glycemic Load:62.12, Inflammation Score:-9, Nutrition Score:29.189565088438%

Flavonoids

Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 523.8kcal (26.19%), Fat: 1.14g (1.75%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 139.99g (46.66%), Net Carbohydrates: 107.29g (39.01%), Sugar: 89.68g (99.64%), Cholesterol: 0mg (0%), Sodium: 18.68mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Vitamin C: 440.82mg (534.33%), Manganese: 8.39mg (419.6%), Fiber: 32.7g (130.8%), Vitamin B6: 1.02mg (51.17%), Copper: 1.01mg (50.39%), Vitamin B1: 0.72mg (48%), Folate: 167.15µg (41.79%), Potassium: 1008.35mg (28.81%), Magnesium: 110.44mg (27.61%), Vitamin B3: 4.54mg (22.72%), Vitamin B5: 1.96mg (19.56%), Iron: 3.24mg (17.98%), Vitamin B2: 0.29mg (17.22%), Calcium: 120.61mg (12.06%), Vitamin A: 526.18IU (10.52%), Phosphorus: 74.1mg (7.41%), Zinc: 1.1mg (7.35%), Vitamin K: 6.34µg (6.03%), Vitamin E: 0.21mg (1.42%), Selenium: 0.93µg (1.32%)