

Pisco Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



683 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 teaspoons grapefruit peel white grated
- ☐ 12 servings ice cubes
- ☐ 0.7 cup juice of lemon fresh
- ☐ 1.5 teaspoons lime zest grated
- ☐ 4 pound pineapple peeled cut into 1-inch pieces
- ☐ 12 pineapple leaves
- ☐ 2 cups simple syrup glaze
- ☐ 750 ml pisco

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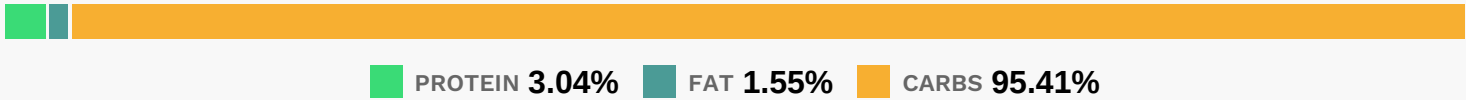
Equipment

☐ bowl

Directions

- ☐ Place pineapple pieces in large jar.
- ☐ Pour Pisco over. Cover and refrigerate 3 days, shaking occasionally. Divide Simple Syrup between 2 bowls.
- ☐ Mix grated lime peel into 1 bowl and grated grapefruit peel into the other. Cover and refrigerate both syrups overnight.
- ☐ Strain Pisco into pitcher; discard pineapple.
- ☐ Strain both syrups into Pisco.
- ☐ Add lemon juice; stir to blend. Fill 12 small glasses with ice, then add punch.
- ☐ Garnish with pineapple leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:14.53, Glycemic Load:72.52, Inflammation Score:-10, Nutrition Score:30.9000000095367%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.07mg, Hesperetin: 2.07mg, Hesperetin: 2.07mg, Hesperetin: 2.07mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 682.5kcal (34.13%), Fat: 1.3g (2%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 180.47g (60.16%), Net Carbohydrates: 165.63g (60.23%), Sugar: 145.54g (161.71%), Cholesterol: 0mg (0%), Sodium: 46.08mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.51%), Vitamin C: 510.37mg (618.63%), Manganese: 9.79mg (489.64%), Vitamin B1: 0.91mg (60.73%), Vitamin B6: 1.19mg (59.48%), Fiber: 14.84g (59.38%), Copper:

1.18mg (59.23%), Folate: 192.93µg (48.23%), Potassium: 1201.69mg (34.33%), Magnesium: 133.8mg (33.45%), Iron: 5.1mg (28.32%), Vitamin B3: 5.35mg (26.76%), Vitamin B5: 2.27mg (22.7%), Vitamin B2: 0.37mg (22%), Calcium: 147.32mg (14.73%), Vitamin A: 620.62IU (12.41%), Zinc: 1.39mg (9.25%), Phosphorus: 90.23mg (9.02%), Vitamin K: 7.39µg (7.04%), Selenium: 1.46µg (2.09%), Vitamin E: 0.23mg (1.55%)