



Plymouth Pilgrims' Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



720 min.

SERVINGS



14

CALORIES



461 kcal

BEVERAGE

DRINK

Ingredients

- 1 ounce chartreuse yellow
- 4 cups little demerara sugar
- 1 liter hendrick's gin
- 3 bags tea green
- 1 cup juice of lemon fresh
- 3 optional: lemon washed
- 1 pineapple diced cored peeled
- 2 ounces caster sugar

1 quart water hot

Equipment

bowl

knife

whisk

peeler

Directions

Make a rich syrup by combining demerara sugar and 2 cups water over medium-low heat, whisking until sugar is completely dissolved.

Let cool.

Add pineapple cubes to the syrup and cover.

Let soak overnight at room temperature. Strain the pineapple from the flavored syrup (don't discard the fruit—it's tasty).

Use a sharp vegetable peeler or paring knife to remove the zest from three lemons; avoid the bitter white pith.

Place the zest in a bowl and add the superfine sugar. Mash with a wooden muddler until the mixture is fragrant and the lemon oil combines with the sugar to make a thick paste.

Let rest one hour, then remove the bits of peel (or leave them in as garnish).

Prepare a weak green tea by soaking 3 tea bags in one quart hot water for three minutes; let cool.

Combine the gin, Chartreuse (or other liqueur), tea, lemon/sugar mixture, lemon juice, and four ounces of the pineapple syrup, and stir until sugar is dissolved. Chill until ready to serve.

To serve, add one liter chilled seltzer and ice.

Nutrition Facts

 PROTEIN 0.89%  FAT 0.61%  CARBS 98.5%

Properties

Glycemic Index:12.09, Glycemic Load:7.65, Inflammation Score:-5, Nutrition Score:6.1743478243766%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg
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Epigallocatechin 3-gallate: 0.02mg
Thearubigins: 0.17mg, Thearubigins: 0.17mg, Thearubigins: 0.17mg, Thearubigins: 0.17mg
Eriodictyol: 5.79mg, Eriodictyol: 5.79mg, Eriodictyol: 5.79mg, Eriodictyol: 5.79mg
Hesperetin: 8.98mg, Hesperetin: 8.98mg, Hesperetin: 8.98mg, Hesperetin: 8.98mg
Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg
Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg
Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg
Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg
Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 461.2kcal (23.06%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 73.68g (24.56%), Net Carbohydrates: 72.07g (26.21%), Sugar: 68.89g (76.54%), Cholesterol: 0mg (0%), Sodium: 7.15mg (0.31%), Alcohol: 25.32g (100%), Alcohol %: 10.39% (100%), Protein: 0.66g (1.33%), Vitamin C: 49.91mg (60.5%), Manganese: 0.65mg (32.41%), Fiber: 1.61g (6.42%), Copper: 0.11mg (5.7%), Vitamin B6: 0.1mg (4.98%), Vitamin B1: 0.07mg (4.59%), Folate: 17.68µg (4.42%), Potassium: 138.53mg (3.96%), Iron: 0.58mg (3.24%), Magnesium: 12.48mg (3.12%), Calcium: 24.39mg (2.44%), Vitamin B5: 0.2mg (2.05%), Vitamin B3: 0.37mg (1.86%), Vitamin B2: 0.03mg (1.86%), Phosphorus: 13.74mg (1.37%), Zinc: 0.15mg (1.02%)