



## Punch Parker

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



20

CALORIES



227 kcal

BEVERAGE

DRINK

## Ingredients

- 1 cup framboise liqueur
- 1 bottle hendrick's gin
- 1 ice cubes
- 1.8 cups juice of lemon freshly squeezed
- 2 optional: lemon thinly sliced
- 1 lime thinly sliced
- 2 cranberry-orange relish thinly sliced
- 1 cup pineapple fresh cubed

- 0.5 pint raspberries
- 0.5 cup karo syrup
- 1.3 cups simple syrup glaze
- 1 bottle frangelico chilled
- 1 bottle frangelico chilled

## Equipment

- bowl

## Directions

- In a large punch bowl, combine the fruit, gin, lemon juice, simple syrup, orgeat syrup and framboise liqueur. Refrigerate for 4 to 5 hours. Just before serving, stir in the chilled Prosecco and add a supersize ice block.

## Nutrition Facts

 **PROTEIN 2.21%** **FAT 1.53%** **CARBS 96.26%**

## Properties

Glycemic Index:9.98, Glycemic Load:1.52, Inflammation Score:-4, Nutrition Score:3.7704347138819%

## Flavonoids

Cyanidin: 5.41mg, Cyanidin: 5.41mg, Cyanidin: 5.41mg, Cyanidin: 5.41mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 3.35mg, Eriodictyol: 3.35mg, Eriodictyol: 3.35mg, Eriodictyol: 3.35mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 2.47mg, Naringenin: 2.47mg, Naringenin: 2.47mg, Naringenin: 2.47mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 227.23kcal (11.36%), Fat: 0.23g (0.35%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 32.36g (10.79%),  
Net Carbohydrates: 30.7g (11.16%), Sugar: 27.72g (30.8%), Cholesterol: 0mg (0%), Sodium: 20.32mg (0.88%),  
Alcohol: 15.59g (100%), Alcohol %: 13.33% (100%), Caffeine: 3.07mg (1.02%), Protein: 0.74g (1.48%), Vitamin C:  
28.97mg (35.12%), Manganese: 0.17mg (8.69%), Fiber: 1.66g (6.64%), Iron: 1mg (5.56%), Vitamin B1: 0.06mg (4.15%),  
Folate: 13.63µg (3.41%), Potassium: 108.44mg (3.1%), Copper: 0.05mg (2.61%), Magnesium: 9.72mg (2.43%),  
Calcium: 23.03mg (2.3%), Vitamin B6: 0.04mg (2.19%), Vitamin B2: 0.03mg (2%), Vitamin B5: 0.14mg (1.45%),  
Phosphorus: 13.86mg (1.39%), Vitamin E: 0.18mg (1.22%), Vitamin B3: 0.23mg (1.14%)