



Rabbit Punch



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



153 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 750 milliliter bourbon
- ☐ 1 optional: lemon
- ☐ 1 cup juice of lemon
- ☐ 1 cranberry-orange relish whole for garnish cut into thin slices
- ☐ 1 cup pineapple chunks fresh
- ☐ 1 cup pineapple juice
- ☐ 1 cup sparkling wine
- ☐ 1 cup sugar

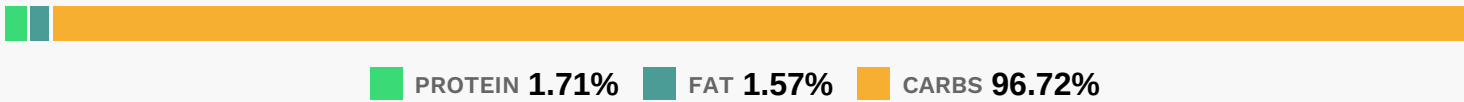
Equipment

- ☐ bowl
- ☐ peeler

Directions

- ☐ Using a vegetable peeler, remove the peel from 1 orange and the lemon.
- ☐ Transfer to a large punch bowl and add the sugar. Muddle to release the citrus oils, then let stand 1 to 2 hours.
- ☐ Add the lemon and pineapple juices and the bourbon, and stir to combine. Just before serving, stir in 3 to 4 cups of ice, then top with Champagne or sparkling wine and garnish with the orange slices and pineapple chunks.

Nutrition Facts



Properties

Glycemic Index:9.95, Glycemic Load:8.02, Inflammation Score:-3, Nutrition Score:1.7204347997904%

Flavonoids

Eriodictyol: 1.75mg, Eriodictyol: 1.75mg, Eriodictyol: 1.75mg, Eriodictyol: 1.75mg Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 152.84kcal (7.64%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 15.58g (5.19%), Net Carbohydrates: 15.05g (5.47%), Sugar: 14.04g (15.59%), Cholesterol: 0mg (0%), Sodium: 1.89mg (0.08%), Alcohol: 13.46g (100%), Alcohol %: 15.85% (100%), Protein: 0.27g (0.55%), Vitamin C: 13.36mg (16.19%), Manganese: 0.07mg (3.57%), Vitamin B1: 0.03mg (2.13%), Fiber: 0.52g (2.09%), Potassium: 73.23mg (2.09%), Folate: 7.83µg (1.96%), Copper: 0.04mg (1.88%), Vitamin B6: 0.04mg (1.86%), Magnesium: 6.19mg (1.55%), Iron: 0.19mg (1.03%)