



## Sailor's Punch from Slightly Oliver

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



116 kcal

BEVERAGE

DRINK

### Ingredients

- 1 slices lime
- 12 ounces apple cider
- 20 bay leaves dry
- 50 ounces bourbon ( 2 bottles)
- 12 cinnamon sticks
- 10 ounces juice of lime freshly squeezed
- 6 ounces spiced rum
- 8.5 ounces simple syrup glaze

- 6 ounces water
- 12 allspice whole

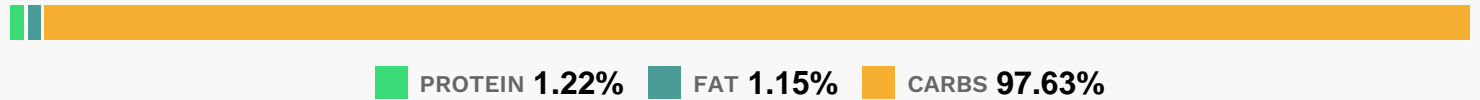
## Equipment

- bowl

## Directions

- To make the spiced syrup, combine water, cinnamon sticks, cloves, and allspice. Bring to a boil, then let rest until cool. Strain.
- Mix bourbon, apple cider, spiced syrup, bay leaves, lime juice, and simple syrup in a large punch bowl.
- Garnish with slices of apple, lemon, and lime.

## Nutrition Facts



## Properties

Glycemic Index:3.07, Glycemic Load:0.4, Inflammation Score:-2, Nutrition Score:1.093913026478%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 116.41kcal (5.82%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 6.87g (2.29%), Net Carbohydrates: 6.25g (2.27%), Sugar: 5.37g (5.97%), Cholesterol: 0mg (0%), Sodium: 4.73mg (0.21%), Alcohol: 13.26g (100%), Alcohol %: 25.18% (100%), Protein: 0.09g (0.17%), Manganese: 0.2mg (10.15%), Vitamin C: 2.28mg (2.77%), Fiber: 0.62g (2.49%), Iron: 0.36mg (2%), Calcium: 13.73mg (1.37%)