

Smoking Bishop



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



338 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 all-spice berries
- ☐ 1 cup brandy
- ☐ 2 tablespoon brown sugar dark
- ☐ 12 kumquats whole
- ☐ 750 ml ruby port
- ☐ 1 cloves whole as needed

Equipment

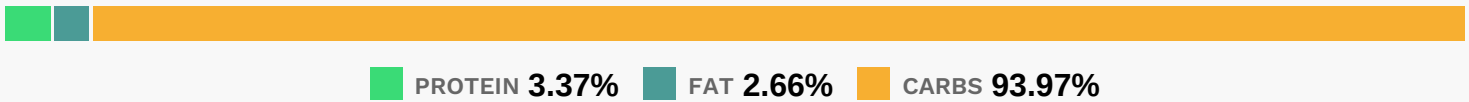
- ☐ bowl

- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ preheat oven to 350 degrees F. Stick 4 or 5 whole cloves into each of the kumquats. You may need to pierce the flesh with the point of a small knife to assist with this. Choose an attractive pattern for the cloves as the clove studded fruit will be used to garnish the punch bowl. Wrap the kumquats in in foil and place them in the oven to bake 12 to 15 minutes. Until softened but still bright orange in color. In a large non-reactive pot combine the port, 30 whole cloves, 10 all spice berries and the brown sugar. Bring the mixture to a boil, then lower heat to a very low simmer.
- ☐ Let the mixture simmer, undisturbed for one hour. When ready to serve strain the liquid into a heat proof serving bowl, add the baked kumquats and all their juices and the brandy. Ladle into mugs are chalices and serve warm.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:3.6743477953841%

Flavonoids

Petunidin: 8.41mg, Petunidin: 8.41mg, Petunidin: 8.41mg, Petunidin: 8.41mg Delphinidin: 4.95mg, Delphinidin: 4.95mg, Delphinidin: 4.95mg, Delphinidin: 4.95mg Malvidin: 120.25mg, Malvidin: 120.25mg, Malvidin: 120.25mg, Malvidin: 120.25mg Peonidin: 4.98mg, Peonidin: 4.98mg, Peonidin: 4.98mg, Peonidin: 4.98mg Catechin: 12.5mg, Catechin: 12.5mg, Catechin: 12.5mg Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg Naringenin: 21.81mg, Naringenin: 21.81mg, Naringenin: 21.81mg, Naringenin: 21.81mg Apigenin: 8.31mg, Apigenin: 8.31mg, Apigenin: 8.31mg, Apigenin: 8.31mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 337.99kcal (16.9%), Fat: 0.35g (0.53%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 27.48g (9.16%), Net Carbohydrates: 24.96g (9.08%), Sugar: 17.3g (19.23%), Cholesterol: 0mg (0%), Sodium: 16.95mg (0.74%), Alcohol: 32.76g (100%), Alcohol %: 19.87% (100%), Protein: 0.98g (1.97%), Vitamin C: 16.75mg (20.3%), Manganese: 0.24mg (11.85%), Fiber: 2.52g (10.07%), Potassium: 195.54mg (5.59%), Copper: 0.1mg (5.22%), Magnesium: 19.68mg (4.92%), Iron: 0.69mg (3.84%), Calcium: 38.34mg (3.83%), Vitamin B2: 0.06mg (3.46%), Vitamin B1: 0.04mg (2.63%), Vitamin B3: 0.45mg (2.24%), Vitamin A: 111.15IU (2.22%), Phosphorus: 20.62mg (2.06%), Folate: 6.57µg (1.64%), Vitamin B5: 0.13mg (1.25%), Zinc: 0.17mg (1.15%)