



Smoking Swamp Halloween Punch

 Gluten Free  Dairy Free

READY IN



540 min.

SERVINGS



8

CALORIES



472 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 teaspoon angostura bitters
- 1500 milliliter apple cider chilled
- 2 cups baby spinach
- 12.7 ounce chartreuse green chilled
- 1 liter seltzer water chilled
- 3 cups hendrick's gin chilled
- 1 small ice cubes dry
- 1.5 cups juice of lemon chilled freshly squeezed (from 15 medium lemons)

- 12 mint leaves fresh
- 2 cups water

Equipment

- bowl
- frying pan
- sauce pan
- plastic wrap
- stove
- tongs

Directions

- For the ice block: The day before serving the punch, fill a small saucepan three-quarters of the way full with water. Crush the greens with your hands until wilted and add them to the saucepan. Cover the pan tightly with plastic wrap, then punch the mint sprigs through the plastic so they're held upright in the pan.
- Combine the gin, Chartreuse, lemon juice, and bitters in a 5-quart plastic or metal bowl. (At this point the mixture can be refrigerated for up to 8 hours.) When ready to serve, nest the punch bowl inside a wider 10-quart plastic or metal bowl (do not use glass or ceramic bowls for either part of this setup, because the cold from the dry ice can crack them). Gently stir in the apple cider and club soda, being careful not to overmix or your punch will be flat.
- Remove the saucepan with the ice block from the freezer.
- Cut away and discard the plastic wrap (do not pull it over the mint sprigs). Dip the outside of the saucepan in hot water or hold it over the flame on a stovetop burner to release the ice block.
- Remove the ice block from the saucepan and place it in the punch.
- Pour the water into the wider outer bowl. Using tongs or gloves, place 1 piece of the dry ice into the water. Do not put the dry ice directly into the punch. Store the remaining dry ice in a well-ventilated area or outside and add additional pieces to the outer bowl as needed for the smoke effect.
- Serve immediately.

Nutrition Facts

PROTEIN 1.41% FAT 2.03% CARBS 96.56%

Properties

Glycemic Index:10.97, Glycemic Load:8.49, Inflammation Score:-8, Nutrition Score:6.2491304433864%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg Epicatechin: 8.81mg, Epicatechin: 8.81mg, Epicatechin: 8.81mg, Epicatechin: 8.81mg Eriodictyol: 2.7mg, Eriodictyol: 2.7mg, Eriodictyol: 2.7mg, Eriodictyol: 2.7mg Hesperetin: 6.77mg, Hesperetin: 6.77mg, Hesperetin: 6.77mg, Hesperetin: 6.77mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 471.77kcal (23.59%), Fat: 0.4g (0.61%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 42.39g (14.13%), Net Carbohydrates: 41.6g (15.13%), Sugar: 36.52g (40.58%), Cholesterol: 0mg (0%), Sodium: 44.52mg (1.94%), Alcohol: 54.96g (100%), Alcohol %: 12.37% (100%), Protein: 0.62g (1.24%), Vitamin K: 36.22µg (34.5%), Vitamin C: 21.97mg (26.63%), Vitamin A: 771.61IU (15.43%), Manganese: 0.25mg (12.31%), Potassium: 290.71mg (8.31%), Folate: 25.41µg (6.35%), Magnesium: 21.08mg (5.27%), Vitamin B1: 0.06mg (4.18%), Copper: 0.08mg (4.03%), Calcium: 36.85mg (3.69%), Vitamin B6: 0.07mg (3.61%), Vitamin B2: 0.06mg (3.55%), Iron: 0.59mg (3.27%), Fiber: 0.8g (3.19%), Phosphorus: 25.12mg (2.51%), Zinc: 0.28mg (1.89%), Vitamin B5: 0.16mg (1.62%), Vitamin E: 0.24mg (1.6%), Vitamin B3: 0.27mg (1.35%)