



# Sparkling Rum and Pomegranate Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



495 min.

SERVINGS



5

CALORIES



388 kcal

BEVERAGE

DRINK

## Ingredients

- 0.5 medium lime thinly sliced
- 0.8 cup juice of lime freshly squeezed (from 7 medium limes)
- 0.5 medium pomegranate quartered
- 1.5 cups pomegranate juice (no sugar added)
- 1.5 cups rum such as appleton
- 1500 milliliter sparkling wine chilled
- 5 servings water

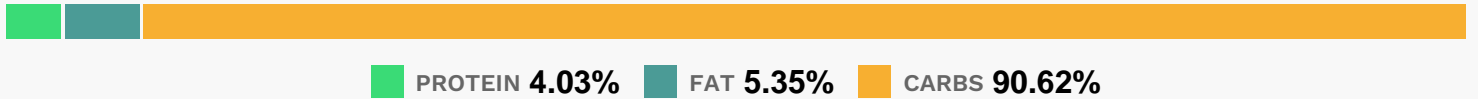
## Equipment

- bowl
- frying pan
- sauce pan
- stove

## Directions

- For the ice block: The day before serving the punch, place the pomegranate pieces in a small saucepan. Nestle the lime slices between the pomegranate pieces and along the sides of the saucepan.
- Add enough water to cover the fruit.
- Combine the pomegranate juice, rum, lime juice, simple syrup, and orange bitters in a 5-cup container. Cover and refrigerate until chilled, about 3 hours. When ready to serve, transfer the rum mixture to a 3-1/2-quart punch or serving bowl. Gently stir in the sparkling wine (do not overmix or your punch will be flat). To remove the ice block from the saucepan, dip the pan in hot water or heat it over the flame on a stovetop burner until the ice block releases. Float it in the punch and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index: 22.8, Glycemic Load: 2.94, Inflammation Score: -8, Nutrition Score: 5.942173872305%

## Flavonoids

Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 6.14mg, Hesperetin: 6.14mg, Hesperetin: 6.14mg, Hesperetin: 6.14mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 387.78kcal (19.39%), Fat: 0.59g (0.9%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 20.78g (7.56%), Sugar: 17.44g (19.38%), Cholesterol: 0mg (0%), Sodium: 41.93mg (1.82%), Alcohol: 43.2g (100%), Alcohol %: 7.26% (100%), Protein: 0.99g (1.98%), Vitamin C: 15.79mg (19.14%), Potassium: 540.5mg (15.44%), Vitamin K: 12.65µg (12.05%), Magnesium: 44.21mg (11.05%), Folate: 35.8µg (8.95%), Iron: 1.46mg (8.1%), Copper: 0.16mg (8.01%), Phosphorus: 72.43mg (7.24%), Vitamin B6: 0.13mg (6.41%), Manganese: 0.12mg (6.23%), Fiber: 1.54g (6.14%), Calcium: 52.36mg (5.24%), Vitamin B2: 0.07mg (3.87%), Vitamin B5: 0.38mg (3.78%), Vitamin E: 0.55mg (3.65%), Zinc: 0.49mg (3.29%), Vitamin B3: 0.63mg (3.15%), Vitamin B1: 0.05mg (3.03%), Selenium: 1.03µg (1.47%)