



Spiced Brandy-Pear Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



217 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup cinnamon schnapps such as goldschläger
- 1 medium pears cored thinly sliced
- 48 ounce pears hard chilled
- 4 cups pear juice such as knudsen or santa cruz, chilled
- 4 cups frangelico chilled
- 4 cups frangelico chilled

Equipment

- bowl

Directions

- Place the Courvoisier, pear juice, and cinnamon schnapps in a 5-quart punch bowl and stir to combine. Gently stir in the pear cider (do not overmix or your punch will be flat). Float the ice block in the punch and add the pear slices. (Alternatively, the ice block can be omitted and the punch served over ice.)
- Serve immediately.

Nutrition Facts

PROTEIN 1.36% **FAT 1.19%** **CARBS 97.45%**

Properties

Glycemic Index:9.19, Glycemic Load:8.55, Inflammation Score:-4, Nutrition Score:7.2000000787818%

Flavonoids

Cyanidin: 3.96mg, Cyanidin: 3.96mg, Cyanidin: 3.96mg, Cyanidin: 3.96mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg Epicatechin: 7.23mg, Epicatechin: 7.23mg, Epicatechin: 7.23mg, Epicatechin: 7.23mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 217.09kcal (10.85%), Fat: 0.27g (0.41%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 49.79g (16.6%), Net Carbohydrates: 43.7g (15.89%), Sugar: 33.52g (37.25%), Cholesterol: 0mg (0%), Sodium: 11.84mg (0.51%), Alcohol: 6.42g (100%), Alcohol %: 2.46% (100%), Protein: 0.69g (1.38%), Vitamin C: 50.18mg (60.83%), Fiber: 6.09g (24.35%), Vitamin K: 12.68µg (12.08%), Copper: 0.24mg (11.92%), Potassium: 384.32mg (10.98%), Magnesium: 23.38mg (5.85%), Vitamin B2: 0.09mg (5.13%), Manganese: 0.09mg (4.62%), Folate: 18.42µg (4.61%), Phosphorus: 37.96mg (3.8%), Vitamin B6: 0.07mg (3.41%), Vitamin B3: 0.68mg (3.41%), Calcium: 32.19mg (3.22%), Vitamin B1: 0.04mg (2.37%), Vitamin E: 0.34mg (2.28%), Zinc: 0.29mg (1.94%), Iron: 0.35mg (1.92%)