



Spiced Christmas Punch with Bourbon and Pear



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



12

CALORIES



198 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 750 ml bourbon
- ☐ 3 ounce ginger syrup (see notes)
- ☐ 12 extra large ice cubes
- ☐ 4 ounce juice of lemon freshly squeezed
- ☐ 8 ounce pear nectar
- ☐ 4 ounce spiced simple syrup (see notes)
- ☐ 12 dash walnut bitters

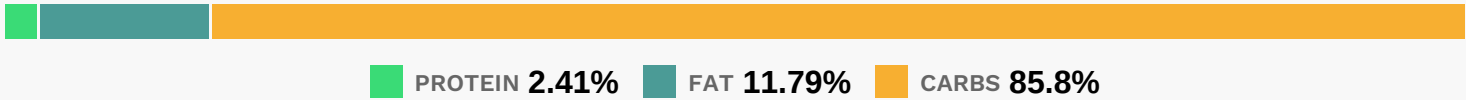
Equipment

☐ bowl

Directions

- ☐ Add bourbon, pear nectar, lemon juice, spiced simple syrup, ginger syrup to a punch bowl, stir and refrigerate until ready to serve.When ready to serve add the Champagne or other sparkling wine along with the bitters (if using).
- ☐ Serve with a single large ice cube in a small punch glass.Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:1.2208695743719%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 197.51kcal (9.88%), Fat: 0.73g (1.12%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 11.95g (3.98%), Net Carbohydrates: 11.6g (4.22%), Sugar: 10.17g (11.31%), Cholesterol: 0mg (0%), Sodium: 8.61mg (0.37%), Alcohol: 21.18g (100%), Alcohol %: 21.77% (100%), Protein: 0.33g (0.67%), Vitamin C: 4.23mg (5.13%), Manganese: 0.07mg (3.43%), Copper: 0.06mg (3.18%), Iron: 0.49mg (2.74%), Magnesium: 6.85mg (1.71%), Vitamin B1: 0.02mg (1.59%), Potassium: 53.23mg (1.52%), Fiber: 0.35g (1.4%), Vitamin B6: 0.02mg (1.22%), Phosphorus: 10.48mg (1.05%)