



Spiced Pear-Champagne Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



489 kcal

BEVERAGE

DRINK

Ingredients

- 1 medium blood oranges sliced into half-moons
- 0.5 cup brandy
- 1 inch ginger fresh thinly sliced (no need to peel)
- 0.5 cup granulated sugar
- 1 cup kumquats thinly sliced
- 3 tablespoons juice of lemon freshly squeezed (from 1 medium lemon)
- 0.3 cup orange liqueur such as cointreau or triple sec
- 2 medium pears such as bartlett or anjou, cored and thinly sliced

- 1500 milliliter sparkling wine dry
- 2 star anise
- 0.5 vanilla pod split
- 0.5 cup water
- 0.5 teaspoon allspice whole

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- sieve
- plastic wrap

Directions

- Place the cloves, anise, and allspice in a small saucepan and toast over medium-high heat, shaking the pan occasionally, until fragrant, about 3 minutes.
- Add the sugar, water, ginger, and vanilla seeds, whisk to combine, and bring to a boil. Reduce the heat to low and simmer, whisking occasionally, until the sugar has dissolved and the flavors have combined, about 8 minutes.
- Remove the pan from the heat and let cool slightly, about 15 minutes.
- Pour the spiced syrup through a fine-mesh strainer into a medium heatproof bowl and discard the contents of the strainer.
- Add the pears, brandy, orange liqueur, and lemon juice to the cooled syrup and stir to combine. Cover with plastic wrap and refrigerate until chilled, at least 1 hour and up to 4 hours. Meanwhile, chill the champagne or sparkling wine. When ready to serve, place the ice block in a 4-quart punch bowl.
- Pour the spiced syrup-pear mixture over the ice block.
- Add the blood orange and kumquat slices, if using. Gently stir in the champagne or sparkling wine (do not overmix or your punch will be flat) and serve immediately.

Nutrition Facts

PROTEIN 2.66% FAT 2.93% CARBS 94.41%

Properties

Glycemic Index:49.84, Glycemic Load:22.82, Inflammation Score:-9, Nutrition Score:8.2391304451486%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 10.55mg, Hesperetin: 10.55mg, Hesperetin: 10.55mg, Hesperetin: 10.55mg Naringenin: 21.39mg, Naringenin: 21.39mg, Naringenin: 21.39mg, Naringenin: 21.39mg Apigenin: 6.18mg, Apigenin: 6.18mg, Apigenin: 6.18mg, Apigenin: 6.18mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 489.1kcal (24.46%), Fat: 0.8g (1.23%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 57.85g (19.28%), Net Carbohydrates: 52.19g (18.98%), Sugar: 48.7g (54.11%), Cholesterol: 0mg (0%), Sodium: 34mg (1.48%), Alcohol: 37.8g (100%), Alcohol %: 7.51% (100%), Caffeine: 3.84mg (1.28%), Protein: 1.63g (3.27%), Vitamin C: 38.44mg (46.59%), Fiber: 5.66g (22.62%), Potassium: 582.25mg (16.64%), Magnesium: 56.41mg (14.1%), Iron: 2.21mg (12.3%), Copper: 0.19mg (9.4%), Phosphorus: 83.22mg (8.32%), Calcium: 81.83mg (8.18%), Vitamin B6: 0.14mg (7.16%), Folate: 27.31µg (6.83%), Manganese: 0.13mg (6.65%), Vitamin B2: 0.11mg (6.52%), Vitamin B3: 0.81mg (4.06%), Vitamin B1: 0.06mg (3.83%), Vitamin K: 3.92µg (3.73%), Vitamin A: 183.42IU (3.67%), Zinc: 0.53mg (3.5%), Vitamin B5: 0.21mg (2.07%), Selenium: 1.26µg (1.8%), Vitamin E: 0.23mg (1.53%)