

# Spicy Rum Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



20

CALORIES



89 kcal

BEVERAGE

DRINK

## Ingredients

- 2 tablespoons peppercorns black
- 4 sticks cinnamon (3-inch)
- 0.3 cup candied ginger chopped
- 2 cups rum dark
- 48 ounce prepare as (such as Stewart's)
- 6 star anise

## Equipment

- bowl

sieve

dutch oven

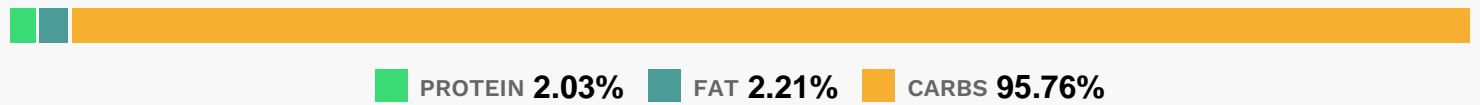
## Directions

Combine first 5 ingredients in a large Dutch oven; bring to a boil.

Remove from heat; let stand 30 minutes.

Strain cranberry mixture through a fine sieve into a bowl; discard solids. Chill thoroughly. Stir in rum and ginger beer just before serving.

## Nutrition Facts



## Properties

Glycemic Index:6, Glycemic Load:3.89, Inflammation Score:-1, Nutrition Score:1.2082608612659%

## Nutrients (% of daily need)

Calories: 89.44kcal (4.47%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 8.02g (2.92%), Sugar: 7.4g (8.23%), Cholesterol: 0mg (0%), Sodium: 5.59mg (0.24%), Alcohol: 8.02g (100%), Alcohol %: 10.61% (100%), Protein: 0.18g (0.37%), Manganese: 0.27mg (13.49%), Fiber: 0.67g (2.67%), Iron: 0.4mg (2.21%), Copper: 0.04mg (1.78%), Vitamin K: 1.86µg (1.77%), Calcium: 15.42mg (1.54%)