



## St. Cecilia's Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



280 min.

SERVINGS



10

CALORIES



549 kcal

BEVERAGE

DRINK

### Ingredients

- 2 cups brandy
- 1 liter seltzer water chilled
- 2.5 cups rum dark chilled
- 2 cups granulated sugar
- 4 medium optional: lemon seeded thinly sliced
- 0.5 medium pineapple cored peeled
- 2250 milliliter sparkling wine chilled
- 0.3 cup tea green (from 10 tea bags)

2 cups water

## Equipment

bowl

sauce pan

sieve

## Directions

Thinly slice the pineapple into rounds, then cut the rounds into quarters.

Place them in a large nonreactive bowl.

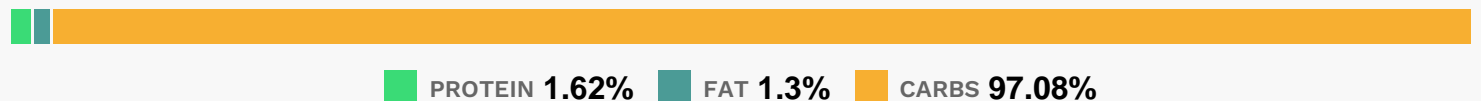
Add the lemons and brandy and stir to combine.

Let sit at room temperature while you make the tea mixture.

Combine the sugar and water in a small saucepan and bring to a boil over medium-high heat, stirring to dissolve the sugar.

Remove from the heat, add the tea leaves, and stir to combine. Set aside to cool to room temperature, about 1 hour. Hold a fine-mesh strainer over the bowl with the pineapple-lemon mixture and strain the tea mixture into the bowl (if there are large flecks of tea leaves, line the strainer with a coffee filter before straining). Cover the bowl and refrigerate until chilled, about 3 hours. When ready to serve, transfer the fruit-brandy mixture to a 7-quart punch or serving bowl. Gently stir in the sparkling wine, club soda, and rum (do not overmix or your punch will be flat). Float the ice block in the punch and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:18.43, Glycemic Load:31.75, Inflammation Score:-8, Nutrition Score:6.6504348671955%

## Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg Epigallocatechin 3-gallate: 0.55mg,

Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg  
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Eriodictyol: 9.23mg, Eriodictyol: 9.23mg Hesperetin: 12.05mg, Hesperetin: 12.05mg, Hesperetin: 12.05mg,  
Hesperetin: 12.05mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin:  
0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol:  
0.1mg, Kaempferol: 0.1mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin:  
0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg Theaflavin-3,3'-digallate: 0.1mg, Theaflavin-  
3,3'-digallate: 0.1mg, Theaflavin-3,3'-digallate: 0.1mg, Theaflavin-3,3'-digallate: 0.1mg Theaflavin-3'-gallate:  
0.09mg, Theaflavin-3'-gallate: 0.09mg, Theaflavin-3'-gallate: 0.09mg, Theaflavin-3'-gallate: 0.09mg  
Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 548.67kcal (27.43%), Fat: 0.31g (0.48%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 52.44g (17.48%),  
Net Carbohydrates: 50.59g (18.4%), Sugar: 48.04g (53.38%), Cholesterol: 0mg (0%), Sodium: 42.05mg (1.83%),  
Alcohol: 50.44g (100%), Alcohol %: 10.41% (100%), Protein: 0.88g (1.75%), Vitamin C: 44.53mg (53.97%),  
Manganese: 0.47mg (23.37%), Potassium: 313.59mg (8.96%), Magnesium: 32.98mg (8.25%), Iron: 1.36mg (7.57%),  
Fiber: 1.84g (7.37%), Vitamin B6: 0.13mg (6.56%), Copper: 0.13mg (6.5%), Phosphorus: 48.58mg (4.86%), Calcium:  
44.13mg (4.41%), Vitamin B1: 0.06mg (3.97%), Folate: 15.44µg (3.86%), Vitamin B2: 0.06mg (3.43%), Zinc: 0.41mg  
(2.75%), Vitamin B3: 0.51mg (2.54%), Vitamin B5: 0.18mg (1.79%), Selenium: 0.91µg (1.3%)