



The Modern's Long Rum Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



3771 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 ounce apricots
- ☐ 0.8 ounces juice of lemon
- ☐ 1 serving lemon lime soda
- ☐ 2 dashes orange bitters
- ☐ 1 ounce tea
- ☐ 1.5 ounces rum
- ☐ 0.5 cup tea
- ☐ 0.5 quart water

☐

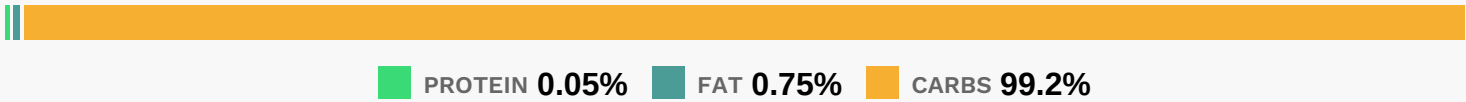
1 quart granulated sugar white

Equipment

Directions

- ☐ For the syrup: heat water and sugar until water comes to a boil, stirring to dissolve.
- ☐ Remove from heat and add tea leaves. Steep 10 minutes. Strain and let cool before using.
- ☐ For the cocktail: fill a cocktail shaker with ice, add rum, apricot liqueur, Earl Grey syrup, lemon juice, and orange bitters. Shake well. Fill a highball glass with fresh ice and strain cocktail into serving glass. Top with Bitter Lemon soda.
- ☐ Garnish if desired and serve immediately.

Nutrition Facts



Properties

Glycemic Index:126.76, Glycemic Load:661.73, Inflammation Score:-7, Nutrition Score:4.5691304465999%

Flavonoids

Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg Epigallocatechin: 11.78mg, Epigallocatechin: 11.78mg, Epigallocatechin: 11.78mg, Epigallocatechin: 11.78mg Epicatechin: 4.46mg, Epicatechin: 4.46mg, Epicatechin: 4.46mg, Epicatechin: 4.46mg Epicatechin 3-gallate: 8.58mg, Epicatechin 3-gallate: 8.58mg, Epicatechin 3-gallate: 8.58mg, Epicatechin 3-gallate: 8.58mg Epigallocatechin 3-gallate: 13.7mg, Epigallocatechin 3-gallate: 13.7mg, Epigallocatechin 3-gallate: 13.7mg, Epigallocatechin 3-gallate: 13.7mg Theaflavin: 2.31mg, Theaflavin: 2.31mg, Theaflavin: 2.31mg, Theaflavin: 2.31mg Thearubigins: 118.98mg, Thearubigins: 118.98mg, Thearubigins: 118.98mg, Thearubigins: 118.98mg Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg Theaflavin-3,3'-digallate: 2.56mg, Theaflavin-3,3'-digallate: 2.56mg, Theaflavin-3,3'-digallate: 2.56mg, Theaflavin-3,3'-digallate: 2.56mg Theaflavin-3'-gallate: 2.21mg, Theaflavin-3'-gallate: 2.21mg, Theaflavin-3'-gallate: 2.21mg, Theaflavin-3'-gallate: 2.21mg Gallocatechin: 1.83mg, Gallocatechin: 1.83mg, Gallocatechin: 1.83mg, Gallocatechin: 1.83mg

Nutrients (% of daily need)

Calories: 3771.37kcal (188.57%), Fat: 3.19g (4.91%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 948.64g (316.21%), Net Carbohydrates: 948.01g (344.73%), Sugar: 947.98g (1053.31%), Cholesterol: 0mg (0%), Sodium: 38.53mg (1.68%), Alcohol: 15.1g (100%), Alcohol %: 1.15% (100%), Caffeine: 29.42mg (9.81%), Protein: 0.47g (0.94%), Manganese: 0.39mg (19.52%), Vitamin C: 11.06mg (13.41%), Vitamin B2: 0.22mg (12.74%), Vitamin A: 547.29IU (10.95%), Copper: 0.19mg (9.55%), Selenium: 5.73µg (8.18%), Potassium: 169.26mg (4.84%), Iron: 0.65mg (3.6%), Folate: 14.12µg (3.53%), Magnesium: 13.24mg (3.31%), Calcium: 28.64mg (2.86%), Fiber: 0.63g (2.52%), Vitamin E: 0.28mg (1.89%), Zinc: 0.26mg (1.7%), Vitamin B6: 0.03mg (1.28%), Phosphorus: 11.39mg (1.14%), Vitamin B5: 0.11mg (1.12%), Vitamin B1: 0.02mg (1.08%)