



## The Sweeter Welcome Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



9

CALORIES



204 kcal

BEVERAGE

DRINK

### Ingredients

- 3 cups hendrick's gin chilled
- 1.5 cups juice of lemon chilled freshly squeezed (from 10 medium lemons)
- 3 medium optional: lemon

### Equipment

- bowl
- peeler

# Directions

- Using a vegetable peeler and being careful to avoid the white pith, remove the zest from the lemons in large strips.
- Place the zest in a 6-quart punch bowl. (Use the lemons for the juice in this punch or save them for another use.)
- Add the Aperol, gin, and Punt e Mes and stir gently to combine.
- Add the lemon juice and gently stir in the Brachetto (do not overmix or your punch will be flat). Float the ice block in the punch and serve immediately.

# Nutrition Facts



**PROTEIN 7.52%**   **FAT 6.46%**   **CARBS 86.02%**

# Properties

Glycemic Index:4.5, Glycemic Load:0.6, Inflammation Score:-4, Nutrition Score:3.0308696025092%

# Flavonoids

Eriodictyol: 9.67mg, Eriodictyol: 9.67mg, Eriodictyol: 9.67mg, Eriodictyol: 9.67mg Hesperetin: 15.93mg, Hesperetin: 15.93mg, Hesperetin: 15.93mg, Hesperetin: 15.93mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

# Nutrients (% of daily need)

Calories: 204.19kcal (10.21%), Fat: 0.21g (0.32%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 6.16g (2.05%), Net Carbohydrates: 5.03g (1.83%), Sugar: 1.92g (2.14%), Cholesterol: 0mg (0%), Sodium: 1.93mg (0.08%), Alcohol: 26.72g (100%), Alcohol %: 21.62% (100%), Protein: 0.54g (1.08%), Vitamin C: 34.82mg (42.2%), Fiber: 1.13g (4.52%), Folate: 12.09µg (3.02%), Potassium: 93.17mg (2.66%), Vitamin B6: 0.05mg (2.42%), Vitamin B1: 0.03mg (1.93%), Copper: 0.04mg (1.83%), Iron: 0.28mg (1.56%), Manganese: 0.03mg (1.5%), Magnesium: 5.32mg (1.33%), Vitamin B5: 0.12mg (1.22%), Phosphorus: 12.21mg (1.22%), Calcium: 11.8mg (1.18%)