



Ti Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



9 kcal

BEVERAGE

DRINK

Ingredients

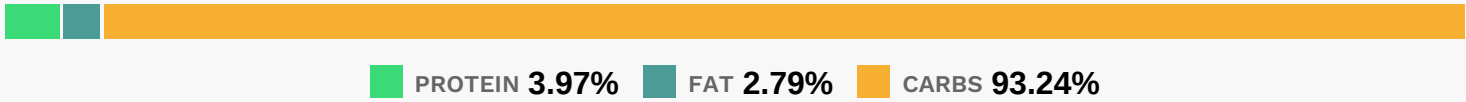
- ☐ 1 teaspoon granulated sugar raw (or 2 teaspoons sugar)
- ☐ 4 servings ice crushed
- ☐ 1 lime
- ☐ 6 ounces frangelico white (un-aged) (see note)
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Equipment

Directions

- ☐ Stand lime on end and cut thin, half-dollar-size slice (mostly peel) off one side. Repeat with 3 remaining sides. Set slices aside. Into each of four 9-ounce short glasses, squeeze a few drops juice from remaining lime.
- ☐ Add 1/4 teaspoon sugar cane syrup (or 1/2 teaspoon raw sugar) to each glass and stir.
- ☐ Add rhum to taste, about 1 1/2 ounces per glass. Stir, add crushed ice and lime slices, stir again, and serve. As the ice melts, the flavors blossom.
- ☐ • Rhum agricole can be found at high-quality liquor stores and online at Sam's Wine (www.samswine.com) and Binny's (www.binnys.com).

Nutrition Facts



Properties

Glycemic Index:25.52, Glycemic Load:1.11, Inflammation Score:-1, Nutrition Score:0.56956521324489%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 8.88kcal (0.44%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.02%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 2.29g (0.83%), Sugar: 1.28g (1.42%), Cholesterol: 0mg (0%), Sodium: 0.4mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.23%), Vitamin C: 4.87mg (5.91%), Fiber: 0.47g (1.88%)