



Tradewind Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



364 kcal

BEVERAGE

DRINK

Ingredients

- 1 pinch ground allspice
- 0.3 teaspoon nutmeg
- 1 optional: lemon sliced
- 1 cup juice of lemon fresh
- 2 mandarin orange segments sliced
- 1 teaspoon orange bitters
- 1.5 cups orange juice fresh
- 1 cup pomegranate juice

- 750 milliliter spiced rum
- 1 star fruit sliced
- 1.5 cups sugar
- 3 tea
- 1 cup mirin sweet red

Equipment

- frying pan
- sauce pan

Directions

- Bring 3 cups water and first 3 ingredients to a boil in a medium saucepan, stirring until sugar dissolves.
- Remove pan from heat, and add tea bags. Steep 10 minutes; remove tea bags, and let cool.
- Combine tea mixture, rum, and next 5 ingredients in a large container. Chill 1 hour or until ready to serve. Stir in Mandarin orange, lemon, and starfruit slices just before serving.

Nutrition Facts



PROTEIN 1.67% **FAT 2.16%** **CARBS 96.17%**

Properties

Glycemic Index:32.56, Glycemic Load:24.09, Inflammation Score:-6, Nutrition Score:4.5904347326445%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Thearubigins: 0.24mg, Thearubigins: 0.24mg, Thearubigins: 0.24mg, Thearubigins: 0.24mg Eriodictyol: 3.56mg, Eriodictyol: 3.56mg, Eriodictyol: 3.56mg, Eriodictyol: 3.56mg Hesperetin: 12.39mg, Hesperetin: 12.39mg, Hesperetin: 12.39mg, Hesperetin: 12.39mg Naringenin: 2.96mg,

Naringenin: 2.96mg, Naringenin: 2.96mg, Naringenin: 2.96mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg

Nutrients (% of daily need)

Calories: 363.98kcal (18.2%), Fat: 0.44g (0.67%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 43.82g (14.61%), Net Carbohydrates: 42.76g (15.55%), Sugar: 39.39g (43.77%), Cholesterol: 0mg (0%), Sodium: 4.7mg (0.2%), Alcohol: 27.92g (100%), Alcohol %: 13.88% (100%), Protein: 0.76g (1.52%), Vitamin C: 41.63mg (50.46%), Folate: 27.17µg (6.79%), Potassium: 211.66mg (6.05%), Vitamin B1: 0.06mg (4.24%), Fiber: 1.06g (4.24%), Vitamin A: 203.81IU (4.08%), Copper: 0.07mg (3.4%), Manganese: 0.06mg (3.14%), Vitamin B6: 0.06mg (3.04%), Magnesium: 11.31mg (2.83%), Vitamin B5: 0.27mg (2.68%), Vitamin K: 2.63µg (2.5%), Vitamin B2: 0.04mg (2.2%), Phosphorus: 20.53mg (2.05%), Calcium: 18.41mg (1.84%), Vitamin B3: 0.35mg (1.75%), Iron: 0.27mg (1.48%), Vitamin E: 0.21mg (1.41%)