



Velvetbomb Punch



Vegetarian



Dairy Free

READY IN



610 min.

SERVINGS



11

CALORIES



280 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 60 ounce apple cider such as ace, chilled hard
- ☐ 2 cups apple juice
- ☐ 89.4 ounce porter chilled canned
- ☐ 2 cups irish whiskey such as jameson

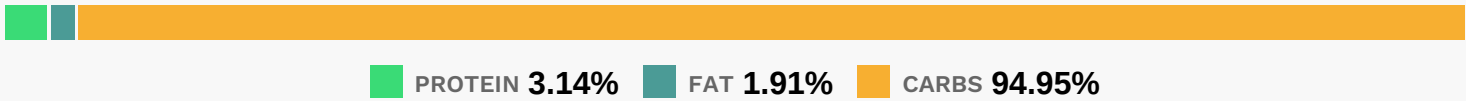
Equipment

- ☐ bowl
- ☐ kugelhopf pan

Directions

- ☐ Pour 3 bottles of the hard cider and all of the apple cider or juice into a 12-cup Bundt pan and freeze until solid, at least 8 to 10 hours. When ready to serve, pour the Guinness and the remaining 2 bottles of hard cider into a 7-quart punch bowl. Float the ice block in the bowl and pour the whiskey over it.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.77, Glycemic Load:9.04, Inflammation Score:-6, Nutrition Score:1.5247826138916%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 280.25kcal (14.01%), Fat: 0.26g (0.4%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 29.04g (9.68%), Net Carbohydrates: 28.64g (10.41%), Sugar: 19.26g (21.4%), Cholesterol: 0mg (0%), Sodium: 7.99mg (0.35%), Alcohol: 15.45g (100%), Alcohol %: 4.14% (100%), Protein: 0.96g (1.92%), Manganese: 0.15mg (7.56%), Potassium: 202.15mg (5.78%), Vitamin B1: 0.05mg (3.02%), Magnesium: 9.99mg (2.5%), Vitamin C: 1.8mg (2.18%), Vitamin B2: 0.03mg (2.02%), Vitamin B6: 0.04mg (1.8%), Calcium: 15.98mg (1.6%), Fiber: 0.4g (1.6%), Phosphorus: 15.27mg (1.53%), Copper: 0.03mg (1.5%), Iron: 0.25mg (1.38%)