



Year of the Dragon Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



331 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 pound beets peeled cut into 1/2-inch cubes
- ☐ 30 slices pepper flakes thin
- ☐ 10 ounces prepare as
- ☐ 10 ounces juice of lime fresh
- ☐ 20 ounces rice wine
- ☐ 750 milliliter rice wine dry
- ☐ 5 ounces cooking sherry
- ☐ 5 ounces simple syrup glaze (see note above)

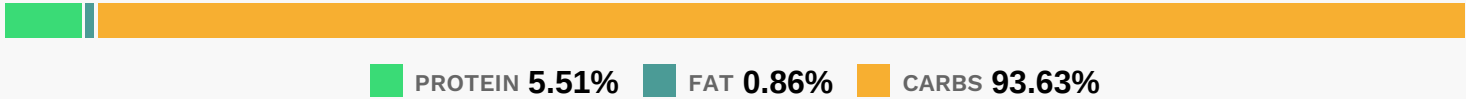
Equipment

☐ bowl

Directions

- ☐ To make the beet infused sake, combine cubed beets and sake and let sit for 1 hour. Strain and store in a sealed container.
- ☐ To make the punch, muddle the chili in a pitcher and add the beet infused sake, simple syrup, lime juice, and sherry. Refrigerate until ready to serve, up to 4 hours.
- ☐ To serve, combine the punch base with ginger beer in an ice filled pitcher or punch bowl.
- ☐ Serve in ice-filled glasses.

Nutrition Facts



Properties

Glycemic Index:23.38, Glycemic Load:4.6, Inflammation Score:-6, Nutrition Score:5.0547826627026%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg Hesperetin: 3.25mg, Hesperetin: 3.25mg, Hesperetin: 3.25mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 331.39kcal (16.57%), Fat: 0.14g (0.21%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 33.56g (11.19%), Net Carbohydrates: 31.77g (11.55%), Sugar: 20.92g (23.25%), Cholesterol: 0mg (0%), Sodium: 62.23mg (2.71%), Alcohol: 28.55g (100%), Alcohol %: 10.87% (100%), Protein: 1.97g (3.95%), Vitamin C: 18.8mg (22.79%), Folate: 66.39µg (16.6%), Manganese: 0.23mg (11.26%), Potassium: 303.4mg (8.67%), Iron: 1.44mg (8%), Magnesium: 30.59mg (7.65%), Fiber: 1.79g (7.14%), Phosphorus: 43.82mg (4.38%), Selenium: 2.95µg (4.22%), Copper: 0.08mg (4.12%), Vitamin B6: 0.08mg (3.96%), Vitamin B1: 0.05mg (3.54%), Calcium: 27.82mg (2.78%), Vitamin B2: 0.04mg (2.62%), Zinc: 0.34mg (2.28%), Vitamin B3: 0.32mg (1.62%), Vitamin B5: 0.15mg (1.47%), Vitamin A: 72.13IU (1.44%)