



Yusho's Pisco Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1440 min.

SERVINGS



1

CALORIES



7016 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 ounce coconut flakes dried
- ☐ 2 ounces pineapple dried
- ☐ 2 ounces purple gel food coloring
- ☐ 1 serving optional: lemon
- ☐ 1 ounce juice of lemon
- ☐ 1 large pineapple
- ☐ 1 ounce pineapple
- ☐ 8 cups caster sugar

- ☐ 1 ounce freshly tea green
- ☐ 1 pound freshly tea green
- ☐ 4 cups water

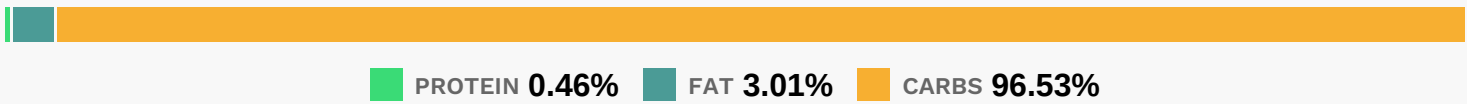
Equipment

- ☐ whisk

Directions

- ☐ To make the infused green tea, brew the loose tea leaves, coconut and pineapple with boiling water.
- ☐ Let steep and cool, then strain out solids.
- ☐ To make syrup, bring water to a boil and add gum Arabic to hydrate.
- ☐ Whisk constantly until all is dissolved and water is milky. Break down pineapple into small chunks and place in a large container. Smash the umeboshi and add to the container.
- ☐ Add sugar to the water mixture, whisk until all is dissolved and bring back to a boil. Simmer for 8 minutes.
- ☐ Remove syrup from heat then pour over pineapple and umeboshi. Cool, cover and macerate for 24 hours. Filter and seal.
- ☐ To make cocktail, combine pisco, infused tea, gomme syrup, and lemon juice in Boston shaker with ice and shake hard for 20 seconds. Dump entire contents of shaker into large goblet glass.
- ☐ Garnish with lemon wheel.

Nutrition Facts



Properties

Glycemic Index:212.92, Glycemic Load:1181.15, Inflammation Score:-10, Nutrition Score:35.060434953026%

Flavonoids

Catechin: 7.28mg, Catechin: 7.28mg, Catechin: 7.28mg, Catechin: 7.28mg Epigallocatechin: 38.8mg, Epigallocatechin: 38.8mg, Epigallocatechin: 38.8mg, Epigallocatechin: 38.8mg Epicatechin: 10.27mg, Epicatechin:

10.27mg, Epicatechin: 10.27mg, Epicatechin: 10.27mg Epicatechin 3–gallate: 28.24mg, Epicatechin 3–gallate: 28.24mg, Epicatechin 3–gallate: 28.24mg, Epicatechin 3–gallate: 28.24mg Epigallocatechin 3–gallate: 45.11mg, Epigallocatechin 3–gallate: 45.11mg, Epigallocatechin 3–gallate: 45.11mg, Epigallocatechin 3–gallate: 45.11mg Theaflavin: 7.61mg, Theaflavin: 7.61mg, Theaflavin: 7.61mg, Theaflavin: 7.61mg Thearubigins: 391.82mg, Thearubigins: 391.82mg, Thearubigins: 391.82mg, Thearubigins: 391.82mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 6.06mg, Hesperetin: 6.06mg, Hesperetin: 6.06mg, Hesperetin: 6.06mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 6.8mg, Kaempferol: 6.8mg, Kaempferol: 6.8mg, Kaempferol: 6.8mg Myricetin: 2.3mg, Myricetin: 2.3mg, Myricetin: 2.3mg, Myricetin: 2.3mg Quercetin: 12.05mg, Quercetin: 12.05mg, Quercetin: 12.05mg, Quercetin: 12.05mg Theaflavin–3,3'–digallate: 8.43mg, Theaflavin–3,3'–digallate: 8.43mg, Theaflavin–3,3'–digallate: 8.43mg, Theaflavin–3,3'–digallate: 8.43mg Theaflavin–3'–gallate: 7.28mg, Theaflavin–3'–gallate: 7.28mg, Theaflavin–3'–gallate: 7.28mg, Theaflavin–3'–gallate: 7.28mg Gallocatechin: 6.02mg, Gallocatechin: 6.02mg, Gallocatechin: 6.02mg, Gallocatechin: 6.02mg

Nutrients (% of daily need)

Calories: 7015.68kcal (350.78%), Fat: 24.62g (37.88%), Saturated Fat: 16.33g (102.05%), Carbohydrates: 1775.22g (591.74%), Net Carbohydrates: 1755.89g (638.51%), Sugar: 1734.91g (1927.68%), Cholesterol: 0mg (0%), Sodium: 98.02mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 96.39mg (32.13%), Protein: 8.53g (17.06%), Vitamin C: 469.36mg (568.92%), Manganese: 10.56mg (527.76%), Copper: 1.57mg (78.55%), Fiber: 19.33g (77.32%), Vitamin B6: 1.15mg (57.45%), Vitamin B1: 0.76mg (50.93%), Folate: 201.09µg (50.27%), Vitamin B2: 0.7mg (41.42%), Magnesium: 163.7mg (40.92%), Potassium: 1420.47mg (40.58%), Iron: 5.57mg (30.96%), Vitamin B3: 4.87mg (24.35%), Vitamin B5: 2.32mg (23.18%), Selenium: 15.83µg (22.62%), Calcium: 203.61mg (20.36%), Phosphorus: 141.28mg (14.13%), Zinc: 2.06mg (13.73%), Vitamin A: 544.58IU (10.89%), Vitamin K: 6.62µg (6.3%), Vitamin E: 0.36mg (2.43%)