

Barbados Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



169 kcal

BEVERAGE

DRINK

Ingredients

- 1 slice lime
- 1 ounce juice of lime
- 1 slice pineapple
- 2 ounces pineapple juice
- 1 ounce captain morgan original spiced rum
- 0.3 ounce triple sec

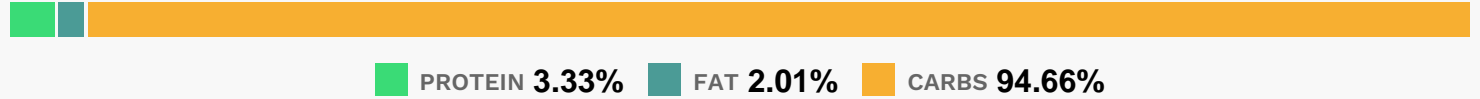
Equipment

- blender

Directions

- Add Captain Morgan Original Spiced Rum, triple sec, lime juice, and pineapple juice in a blender with crushed ice. Blend until smooth and pour into glass.
- Garnish with lime slice and pineapple slice.

Nutrition Facts



Properties

Glycemic Index:151.67, Glycemic Load:9.24, Inflammation Score:-4, Nutrition Score:8.2582608176314%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 5.55mg, Hesperetin: 5.55mg, Hesperetin: 5.55mg, Hesperetin: 5.55mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 168.55kcal (8.43%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 23.71g (7.9%), Net Carbohydrates: 22.11g (8.04%), Sugar: 16.81g (18.68%), Cholesterol: 0mg (0%), Sodium: 3.53mg (0.15%), Alcohol: 11.31g (100%), Alcohol %: 6.78% (100%), Protein: 0.83g (1.67%), Vitamin C: 56.36mg (68.32%), Manganese: 1.08mg (53.82%), Vitamin B6: 0.16mg (8.24%), Copper: 0.15mg (7.63%), Vitamin B1: 0.11mg (7.36%), Folate: 28.72µg (7.18%), Fiber: 1.6g (6.4%), Potassium: 208.27mg (5.95%), Magnesium: 19.78mg (4.95%), Vitamin B3: 0.6mg (3%), Iron: 0.5mg (2.79%), Vitamin B2: 0.05mg (2.73%), Vitamin B5: 0.26mg (2.61%), Calcium: 24.64mg (2.46%), Phosphorus: 18.04mg (1.8%), Zinc: 0.21mg (1.38%), Vitamin A: 69.23IU (1.38%)