

Berry Rum Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup rum dark
- ☐ 8 servings ice cubes
- ☐ 1 cup rum light
- ☐ 1 cranberry-orange relish diced peeled
- ☐ 2 cups orange juice fresh
- ☐ 1 cup pineapple fresh diced peeled
- ☐ 2 cups pineapple juice
- ☐ 3 cups raspberries fresh divided

- ☐ 0.7 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.7 cup water

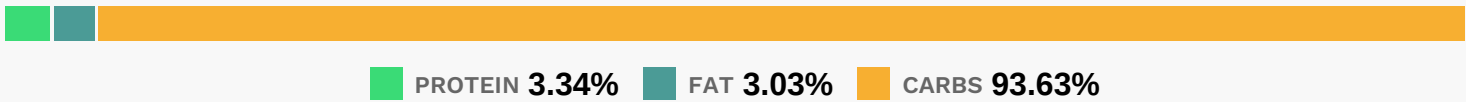
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Bring 2/3 cup water and sugar to boil in medium saucepan, stirring until sugar dissolves.
- ☐ Remove from heat; cool syrup completely. Puree 2 cups raspberries in processor.
- ☐ Pour puree through fine strainer set over saucepan with syrup. Press on solids to extract as much liquid as possible; discard solids.
- ☐ Mix orange juice, next 6 ingredients, 1 cup berries, and raspberry syrup in glass bowl. Cover; chill at least 4 hours and up to 1 day. Strain into pitcher.
- ☐ Serve punch over ice.

Nutrition Facts



Properties

Glycemic Index:40.66, Glycemic Load:21.06, Inflammation Score:-6, Nutrition Score:9.8691304170567%

Flavonoids

Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg

0.24mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 11.87mg, Hesperetin: 11.87mg, Hesperetin: 11.87mg, Hesperetin: 11.87mg Naringenin: 3.84mg, Naringenin: 3.84mg, Naringenin: 3.84mg, Naringenin: 3.84mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 304.07kcal (15.2%), Fat: 0.59g (0.9%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 40.66g (13.55%), Net Carbohydrates: 36.81g (13.39%), Sugar: 33.31g (37.01%), Cholesterol: 0mg (0%), Sodium: 7.03mg (0.31%), Alcohol: 20.13g (100%), Alcohol %: 7.17% (100%), Protein: 1.45g (2.9%), Vitamin C: 67.26mg (81.53%), Manganese: 0.81mg (40.74%), Fiber: 3.85g (15.4%), Folate: 47.29µg (11.82%), Vitamin B1: 0.14mg (9.24%), Potassium: 322.67mg (9.22%), Copper: 0.16mg (8.23%), Magnesium: 28.7mg (7.17%), Vitamin B6: 0.14mg (7.11%), Iron: 0.73mg (4.03%), Vitamin B3: 0.79mg (3.96%), Vitamin B2: 0.07mg (3.94%), Vitamin B5: 0.38mg (3.84%), Vitamin A: 190.61IU (3.81%), Calcium: 37.44mg (3.74%), Vitamin K: 3.89µg (3.71%), Phosphorus: 34.67mg (3.47%), Vitamin E: 0.46mg (3.08%), Zinc: 0.35mg (2.36%)