



## Berry Rum Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



277 kcal

BEVERAGE

DRINK

### Ingredients

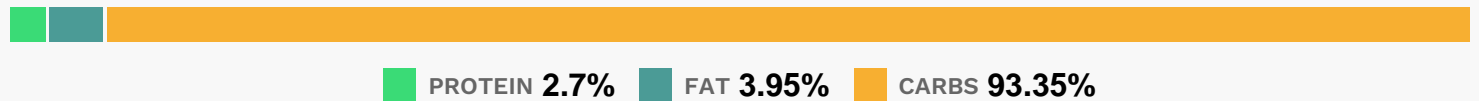
- 2 tablespoons frangelico
- 1 serving ice cubes as needed
- 2 tablespoons rum light
- 2 tablespoons juice of lime fresh
- 0.5 cup berries mixed such as strawberries, blueberries, and raspberries
- 2 tablespoons simple syrup glaze
- 1 serving seltzer water
- 1 slice strawberries for garnish

# Equipment

## Directions

- Blend the mixed fruit, coconut rum, light rum, simple syrup, and lime juice in a large shaker with ice. Shake vigorously and pour over a glass full of ice. Top with a splash of soda water and garnish with strawberry slice.

## Nutrition Facts



## Properties

Glycemic Index:55, Glycemic Load:3.77, Inflammation Score:-7, Nutrition Score:12.076521671337%

## Flavonoids

Cyanidin: 6.17mg, Cyanidin: 6.17mg, Cyanidin: 6.17mg, Cyanidin: 6.17mg Petunidin: 14.26mg, Petunidin: 14.26mg, Petunidin: 14.26mg, Petunidin: 14.26mg Delphinidin: 17.25mg, Delphinidin: 17.25mg, Delphinidin: 17.25mg, Delphinidin: 17.25mg Malvidin: 38.5mg, Malvidin: 38.5mg, Malvidin: 38.5mg, Malvidin: 38.5mg Pelargonidin: 41.27mg, Pelargonidin: 41.27mg, Pelargonidin: 41.27mg, Pelargonidin: 41.27mg Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg Catechin: 5.16mg, Catechin: 5.16mg, Catechin: 5.16mg, Catechin: 5.16mg Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg

## Nutrients (% of daily need)

Calories: 277.05kcal (13.85%), Fat: 1.01g (1.56%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 53.99g (18%), Net Carbohydrates: 48.45g (17.62%), Sugar: 44.45g (49.39%), Cholesterol: 0mg (0%), Sodium: 29.55mg (1.28%), Alcohol: 10.02g (100%), Alcohol %: 2.95% (100%), Protein: 1.56g (3.13%), Vitamin C: 108.55mg (131.57%), Manganese: 0.77mg (38.27%), Fiber: 5.53g (22.13%), Vitamin K: 16.54µg (15.75%), Iron: 2.3mg (12.77%), Folate: 48.26µg (12.07%), Potassium: 356.75mg (10.19%), Vitamin B1: 0.13mg (8.4%), Magnesium: 32.42mg (8.11%), Copper: 0.14mg (6.83%),

Vitamin B6: 0.14mg (6.77%), Vitamin E: 0.92mg (6.13%), Phosphorus: 56.97mg (5.7%), Vitamin B3: 1.13mg (5.65%),  
Vitamin B2: 0.09mg (5.58%), Calcium: 43.89mg (4.39%), Vitamin B5: 0.34mg (3.41%), Zinc: 0.41mg (2.7%),  
Selenium: 1.05µg (1.5%), Vitamin A: 70.57IU (1.41%)