



Bitter End Yacht Club Planter's Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



264 kcal

BEVERAGE

DRINK

Ingredients

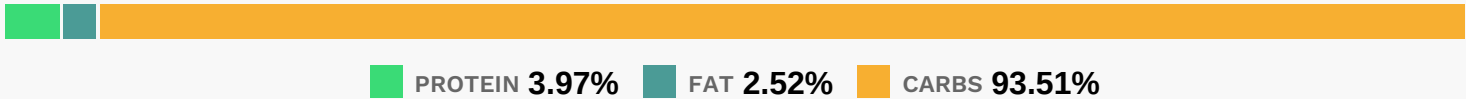
- ☐ 0.5 cup rum dark
- ☐ 1.5 tablespoons grenadine syrup
- ☐ 3 servings ice cubes crushed
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 1 slices garnish: maraschino cherries
- ☐ 1.3 cups orange juice fresh
- ☐ 0.5 cup proof rum

Equipment

Directions

- ☐
- Combine first 5 ingredients; serve over crushed ice.
- ☐
- Garnish with a maraschino cherry and an orange slice.
- ☐
- *In testing, we used 1/2 to 1 cup Bacardi 151-proof Rum and 1/2 cup Myers's Rum.

Nutrition Facts



Properties

Glycemic Index:60.67, Glycemic Load:12.54, Inflammation Score:-6, Nutrition Score:5.2834781719291%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 13.84mg, Hesperetin: 13.84mg, Hesperetin: 13.84mg, Hesperetin: 13.84mg Naringenin: 2.39mg, Naringenin: 2.39mg, Naringenin: 2.39mg, Naringenin: 2.39mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 263.63kcal (13.18%), Fat: 0.23g (0.35%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 18.66g (6.79%), Sugar: 14.17g (15.74%), Cholesterol: 0mg (0%), Sodium: 4.82mg (0.21%), Alcohol: 26.72g (100%), Alcohol %: 16.2% (100%), Protein: 0.8g (1.61%), Vitamin C: 57.36mg (69.53%), Folate: 33.82µg (8.45%), Vitamin B1: 0.11mg (7.06%), Potassium: 233.69mg (6.68%), Vitamin A: 224.34IU (4.49%), Copper: 0.07mg (3.53%), Magnesium: 13.15mg (3.29%), Vitamin B6: 0.05mg (2.39%), Phosphorus: 23.4mg (2.34%), Vitamin B3: 0.46mg (2.31%), Vitamin B2: 0.04mg (2.26%), Vitamin B5: 0.22mg (2.19%), Manganese: 0.03mg (1.56%), Iron: 0.27mg (1.48%), Calcium: 13.98mg (1.4%), Fiber: 0.26g (1.04%)