



Cana Rum Bar's Jitterbug Perfume Punch

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



193 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 slices grapefruit sliced
- ☐ 2 ounces grapefruit juice fresh
- ☐ 2 ounces honey (see notes)
- ☐ 5 servings ice cubes
- ☐ 10 ounces ice crushed
- ☐ 1 tablespoon jasmine rice dried
- ☐ 2 ounces juice of lime fresh
- ☐ 2 ounces rum (or 1 ounce Smith and Cross and 1 ounce Coruba rums)

- ☐ 6 ounces rye flakes
- ☐ 4 strawberries

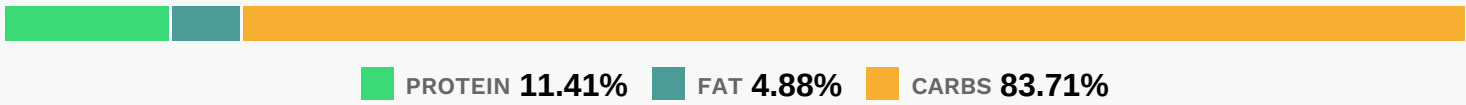
Equipment

- ☐ bowl
- ☐ immersion blender

Directions

- ☐ In a sealable jar, add jasmine flower to rye and shake.
- ☐ Let soak 1 hour and taste for strength—you can strain immediately or leave it to infuse several hours, depending on the strength of your jasmine. Once infused, double strain rye.
- ☐ Stir together infused rye, rum, Amaro Montenegro, grapefruit juice, lime juice, and honey syrup.
- ☐ Add strawberries and crushed ice and blend with immersion blender until frothy.
- ☐ Pour into punch bowl over large block of ice.
- ☐ Garnish with grapefruit and strawberry slices.

Nutrition Facts



Properties

Glycemic Index:48.29, Glycemic Load:7.12, Inflammation Score:-5, Nutrition Score:13.694782641919%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg

1.02mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 192.89kcal (9.64%), Fat: 0.99g (1.52%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 38.05g (12.68%), Net Carbohydrates: 30.05g (10.93%), Sugar: 11.58g (12.86%), Cholesterol: 0mg (0%), Sodium: 7.24mg (0.31%), Alcohol: 3.79g (100%), Alcohol %: 2.34% (100%), Protein: 5.19g (10.38%), Manganese: 2.36mg (118.09%), Fiber: 8g (32.01%), Selenium: 17.94µg (25.62%), Phosphorus: 224.49mg (22.45%), Magnesium: 89.77mg (22.44%), Vitamin C: 12.22mg (14.81%), Copper: 0.28mg (13.84%), Zinc: 2.01mg (13.41%), Iron: 2.35mg (13.05%), Vitamin B3: 2.02mg (10.11%), Potassium: 304.46mg (8.7%), Vitamin B6: 0.15mg (7.63%), Vitamin B1: 0.11mg (7.34%), Vitamin B2: 0.11mg (6.6%), Vitamin B5: 0.59mg (5.86%), Vitamin E: 0.53mg (3.55%), Calcium: 28.02mg (2.8%), Folate: 9.26µg (2.31%), Vitamin K: 2.29µg (2.18%)