Caneel Bay Planter's Punch

Vegetarian · Vegan · Gluten Free · Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	10	140 kcal

BEVERAGE · DRINK

Ingredients

- [ ] 0.8 cup rum dark
- [ ] 0.3 cup grenadine syrup
- [ ] 10 servings ice cubes crushed
- [ ] 0.5 cup orange juice fresh
- [ ] 10 servings garnish: pineapple wedges freshly ground
- [ ] 0.3 cup proof rum
- [ ] 0.5 cup gold rum
- [ ] 0.3 cup sugar

Equipment

Directions

- [ ] Combine dark rum through sorbitol; serve over crushed ice.
- [ ] Garnish each serving with a pineapple wedge and a dash of nutmeg.
- [ ] *In testing, we used 3/4 cup Myers's Rum, 1/2 cup Cruzan Gold Rum, and 1/4 cup Bacardi 151-proof Rum. Sorbital, a sweetner found naturally in fruits and seaweeds, may be purchased in health food stores.

Nutrition Facts

PROTEIN **1.4%** FAT **11.87%** CARBS **86.73%**

Properties

Glycemic Index:33.71, Glycemic Load:9.9, Inflammation Score:-2, Nutrition Score:1.0534782620228%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 139.93kcal (7%), Fat: 0.77g (1.18%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 12.17g (4.42%), Sugar: 10.33g (11.47%), Cholesterol: 0mg (0%), Sodium: 3.06mg (0.13%), Alcohol: 12.02g (100%), Alcohol %: 23.66% (100%), Protein: 0.2g (0.41%), Vitamin C: 6.26mg (7.59%), Manganese: 0.07mg (3.32%), Copper: 0.04mg (1.81%), Fiber: 0.44g (1.76%), Vitamin B1: 0.02mg (1.35%), Magnesium: 5.35mg (1.34%), Folate: 5.24µg (1.31%)