



Daddy Charles's Spooley



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



24

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



46 fluid ounce fruit punch canned



2.5 fluid ounces juice of lemon



750 milliliter proof rum



750 milliliter chianti wine

Equipment

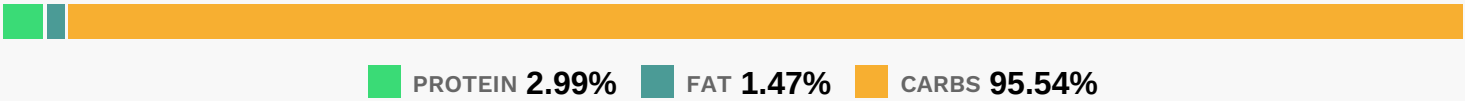


bowl

Directions

- ☐ In a gallon jug or punch bowl, combine rum, wine, lemon juice and carbonated beverage. Fill remaining space with fruit punch. Adjust ingredients to taste.
- ☐ Serve in a red plastic cup.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:1.4169565282924%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 132.52kcal (6.63%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 8.46g (3.08%), Sugar: 6.7g (7.45%), Cholesterol: 0mg (0%), Sodium: 4.77mg (0.21%), Alcohol: 13.88g (100%), Alcohol %: 14.29% (100%), Protein: 0.29g (0.59%), Fiber: 0.92g (3.66%), Vitamin A: 171.35IU (3.43%), Manganese: 0.06mg (3.03%), Vitamin C: 2.44mg (2.96%), Copper: 0.05mg (2.59%), Vitamin K: 2.61µg (2.48%), Potassium: 85.63mg (2.45%), Iron: 0.31mg (1.71%), Magnesium: 6.51mg (1.63%), Phosphorus: 14.66mg (1.47%), Vitamin B3: 0.28mg (1.41%), Vitamin B6: 0.03mg (1.4%), Vitamin B2: 0.02mg (1.33%)