



Galley Bay Planter's Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



302 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 cup rum dark divided
- ☐ 0.3 cup grenadine syrup
- ☐ 3 servings ice cubes crushed
- ☐ 0.3 cup juice of lime fresh
- ☐ 3 servings garnish: maraschino cherries
- ☐ 1 cup orange juice fresh
- ☐ 1 cup pineapple juice

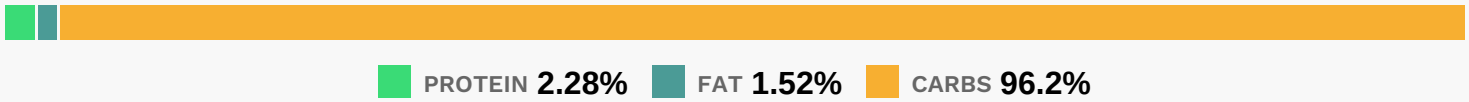
Equipment

Directions

- ☐
- Combine 1/2 cup dark rum and next 4 ingredients; pour over crushed ice. Top each serving with 1 tablespoon dark rum.

☐☐

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:26.81, Inflammation Score:-6, Nutrition Score:6.8634783340537%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 11.69mg, Hesperetin: 11.69mg, Hesperetin: 11.69mg, Hesperetin: 11.69mg Naringenin: 1.85mg, Naringenin: 1.85mg, Naringenin: 1.85mg, Naringenin: 1.85mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 302.25kcal (15.11%), Fat: 0.28g (0.44%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 40.36g (13.45%), Net Carbohydrates: 39.8g (14.47%), Sugar: 29.49g (32.77%), Cholesterol: 0mg (0%), Sodium: 10.85mg (0.47%), Alcohol: 20.04g (100%), Alcohol %: 9.26% (100%), Protein: 0.96g (1.92%), Vitamin C: 55.25mg (66.97%), Manganese: 0.42mg (21.15%), Folate: 40.98µg (10.24%), Potassium: 300.91mg (8.6%), Vitamin B1: 0.13mg (8.58%), Copper: 0.12mg (6.15%), Vitamin B6: 0.12mg (6.01%), Magnesium: 21.42mg (5.36%), Vitamin A: 181.6IU (3.63%), Vitamin B2: 0.05mg (2.91%), Iron: 0.49mg (2.7%), Phosphorus: 26.79mg (2.68%), Calcium: 26.47mg (2.65%), Vitamin B3: 0.52mg (2.62%), Vitamin B5: 0.23mg (2.29%), Fiber: 0.56g (2.25%), Zinc: 0.22mg (1.44%)