



Hawaiian Honeymoon Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



3 min.

SERVINGS



4

CALORIES



324 kcal

BEVERAGE

DRINK

Ingredients

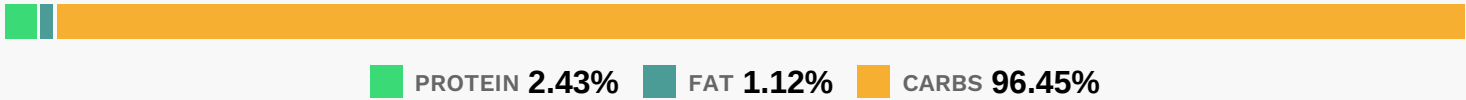
- ☐ 4 servings cocktail umbrellas as needed
- ☐ 4 servings guava balls as needed
- ☐ 1 cup guava blend juice
- ☐ 1 cup passion fruit juice
- ☐ 1 cup pineapple juice
- ☐ 4 pineapple rings
- ☐ 1 cup rum
- ☐ 2 cups sparkling wine

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ In a pitcher, combine the pineapple, guava and passion fruit juices along with the rum and stir to mix thoroughly. Divide the punch between 4 glasses filled with ice. Top each glass with a 1//2 cup of Champagne and a pineapple ring on the rim of each glass.
- ☐ Garnish with guava balls and a cocktail umbrella.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:3.57, Inflammation Score:-7, Nutrition Score:7.3482608263907%

Nutrients (% of daily need)

Calories: 324.13kcal (16.21%), Fat: 0.17g (0.27%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 33.91g (11.3%), Net Carbohydrates: 32.37g (11.77%), Sugar: 30.51g (33.9%), Cholesterol: 0mg (0%), Sodium: 16.87mg (0.73%), Alcohol: 27.59g (100%), Alcohol %: 8.39% (100%), Protein: 0.86g (1.71%), Vitamin C: 46.71mg (56.62%), Manganese: 0.31mg (15.56%), Potassium: 490.51mg (14.01%), Vitamin A: 482.52IU (9.65%), Magnesium: 38.2mg (9.55%), Copper: 0.16mg (8.15%), Vitamin B6: 0.16mg (7.92%), Vitamin B2: 0.12mg (7.06%), Vitamin B3: 1.32mg (6.61%), Vitamin B1: 0.1mg (6.45%), Fiber: 1.54g (6.14%), Iron: 0.99mg (5.51%), Folate: 19.49µg (4.87%), Phosphorus: 37.35mg (3.73%), Calcium: 30.12mg (3.01%), Zinc: 0.27mg (1.83%)