



Holiday Daiquiri Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



17

CALORIES



70 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 24 ounces limeade concentrate frozen thawed canned
- ☐ 2 cups sports drink chilled
- ☐ 1 cup rum light
- ☐ 24 oz coca-cola chilled canned

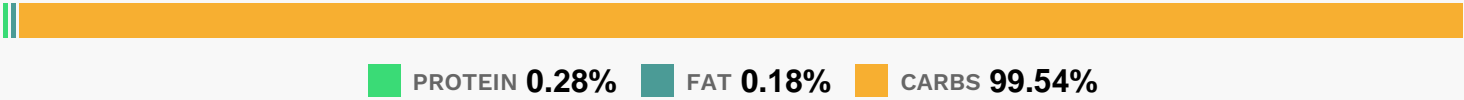
Equipment

- ☐ bowl

Directions

- ☐
- In large pitcher, mix limeade concentrate, sports drink and rum. Refrigerate until serving time.
- ☐
- Just before serving, pour punch into punch bowl. Stir in carbonated beverage.

Nutrition Facts



Properties

Glycemic Index:4.59, Glycemic Load:2.41, Inflammation Score:-1, Nutrition Score:0.28391304328714%

Nutrients (% of daily need)

Calories: 70.12kcal (3.51%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 9.82g (3.57%), Sugar: 8.9g (9.89%), Cholesterol: 0mg (0%), Sodium: 10.02mg (0.44%), Alcohol: 4.72g (100%), Alcohol %: 4.9% (100%), Caffeine: 3.2mg (1.07%), Protein: 0.03g (0.06%), Calcium: 20.44mg (2.04%), Vitamin C: 1.24mg (1.5%)