



## Hurricane Passion Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



605 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 teaspoon almond extract
- 2 cups rum dark
- 1 cup grenadine syrup
- 3 cups rum light
- 12 servings maraschino cherries for garnish
- 12 servings orange wedges for garnish
- 2 cups orange juice fresh
- 16 cups boxes passion fruit juice

46 ounce pineapple juice canned

## Equipment

bowl

## Directions

Mix the passion fruit juice, pineapple juice, light rum, orange juice, dark rum, grenadine and almond extract together in a gallon-size container. Chill until ready to serve.

Pour the punch into a large punch bowl for serving.

Serve in glasses filled with ice.

Garnish with an orange wedge and a maraschino cherry.

From Food Network Kitchens

## Nutrition Facts



**PROTEIN 2.97%** **FAT 1.09%** **CARBS 95.94%**

## Properties

Glycemic Index:18.71, Glycemic Load:23.63, Inflammation Score:-10, Nutrition Score:17.087391360946%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 29.46mg, Hesperetin: 29.46mg, Hesperetin: 29.46mg, Hesperetin: 29.46mg Naringenin: 14.67mg, Naringenin: 14.67mg, Naringenin: 14.67mg, Naringenin: 14.67mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 605.26kcal (30.26%), Fat: 0.49g (0.75%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 96.58g (32.19%), Net Carbohydrates: 92.11g (33.49%), Sugar: 85.89g (95.43%), Cholesterol: 0mg (0%), Sodium: 29.68mg (1.29%), Alcohol: 33.46g (100%), Alcohol %: 6.05% (100%), Protein: 2.99g (5.97%), Vitamin C: 176.9mg (214.43%), Vitamin A: 2703.07IU (54.06%), Potassium: 1306.63mg (37.33%), Vitamin B2: 0.51mg (29.97%), Vitamin B3: 5.55mg (27.75%), Magnesium: 87.12mg (21.78%), Copper: 0.38mg (19.24%), Fiber: 4.47g (17.9%), Folate: 67.89µg (16.97%), Vitamin B6: 0.32mg (15.9%), Vitamin B1: 0.23mg (15.49%), Calcium: 75.43mg (7.54%), Phosphorus: 75.27mg (7.53%), Iron: 1.34mg (7.46%), Vitamin B5: 0.31mg (3.06%), Zinc: 0.44mg (2.97%), Manganese: 0.05mg (2.36%), Vitamin K: 2.19µg

(2.09%), Selenium: 1.43 $\mu$ g (2.04%), Vitamin E: 0.24mg (1.57%)