



Hurricane Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



414 kcal

BEVERAGE

DRINK

Ingredients

- 1.7 cups rum dark
- 64 ounce fruit punch red
- 1.7 cups rum light
- 12 ounce limeade concentrate frozen thawed canned
- 6 ounce orange juice concentrate frozen thawed canned

Equipment

Directions

- Stir together all ingredients.
- Serve over ice.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:6.9173913805381%

Nutrients (% of daily need)

Calories: 413.85kcal (20.69%), Fat: 0.28g (0.43%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 46.57g (15.52%), Net Carbohydrates: 42.73g (15.54%), Sugar: 37.47g (41.64%), Cholesterol: 0mg (0%), Sodium: 15.1mg (0.66%), Alcohol: 33.4g (100%), Alcohol %: 10.84% (100%), Protein: 1.55g (3.11%), Vitamin C: 37.14mg (45.02%), Fiber: 3.84g (15.37%), Vitamin A: 765.51IU (15.31%), Copper: 0.21mg (10.52%), Vitamin K: 10.52µg (10.02%), Potassium: 341.84mg (9.77%), Vitamin B1: 0.09mg (6.17%), Vitamin B2: 0.1mg (5.7%), Vitamin B3: 1.14mg (5.69%), Folate: 21.33µg (5.33%), Magnesium: 19.63mg (4.91%), Vitamin B6: 0.09mg (4.71%), Iron: 0.81mg (4.52%), Manganese: 0.09mg (4.49%), Phosphorus: 44.61mg (4.46%), Vitamin B5: 0.22mg (2.17%), Calcium: 20.27mg (2.03%), Zinc: 0.28mg (1.88%)