

Hurricanish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



434 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup sugar cane simple syrup
- ☐ 0.8 cup rum dark
- ☐ 1.5 cups guava blend juice
- ☐ 2 cups ice cubes
- ☐ 0.3 cup juice of lime fresh
- ☐ 6 servings orange wedges for garnish
- ☐ 1.5 cups orange juice fresh
- ☐ 2.3 cups passion fruit juice

- ☐ 6 servings passion fruit wedges for garnish
- ☐ 1.5 cups pineapple juice fresh
- ☐ 0.8 cup rum light white

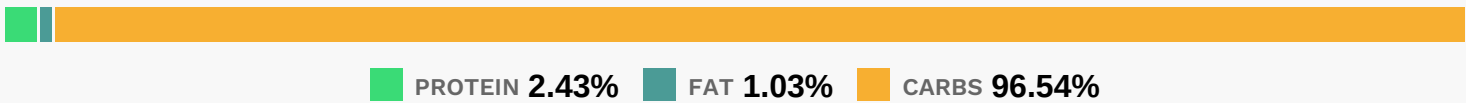
Equipment

- ☐ bowl

Directions

- ☐ Special equipment: 12-cup punch bowl, hurricane glasses
- ☐ In a 12-cup punch bowl, add the passion fruit juice, guava juice, orange juice, pineapple juice, dark rum, white rum, simple syrup and lime juice and stir. Fill each hurricane glass with ice and pour in the punch.
- ☐ Garnish with the orange wedges and passion fruit wedges.

Nutrition Facts



Properties

Glycemic Index:33.42, Glycemic Load:10.36, Inflammation Score:-9, Nutrition Score:12.582608645377%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 33.14mg, Hesperetin: 33.14mg, Hesperetin: 33.14mg, Hesperetin: 33.14mg Naringenin: 15.17mg, Naringenin: 15.17mg, Naringenin: 15.17mg, Naringenin: 15.17mg 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: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 434.46kcal (21.72%), Fat: 0.37g (0.56%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 76.81g (25.6%), Net Carbohydrates: 73.57g (26.75%), Sugar: 69.74g (77.48%), Cholesterol: 0mg (0%), Sodium: 39.36mg (1.71%), Alcohol: 20.04g (100%), Alcohol %: 4.55% (100%), Protein: 1.93g (3.86%), Vitamin C: 131.47mg (159.35%), Potassium: 729.41mg (20.84%), Vitamin A: 1013.01IU (20.26%), Manganese: 0.34mg (17.09%), Folate: 64.19µg (16.05%), Vitamin B1: 0.23mg (15.34%), Fiber: 3.23g (12.94%), Vitamin B2: 0.22mg (12.9%), Iron: 2.19mg (12.15%), Magnesium: 45.01mg (11.25%), Vitamin B3: 2.06mg (10.28%), Copper: 0.2mg (9.79%), Vitamin B6: 0.19mg (9.54%), Calcium: 64.04mg (6.4%), Phosphorus: 48.23mg (4.82%), Vitamin B5: 0.39mg (3.92%), Zinc: 0.33mg (2.19%),

Vitamin E: 0.24mg (1.58%), Selenium: 0.98µg (1.4%)