

Island Fruit Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



194 kcal

BEVERAGE

DRINK

Ingredients

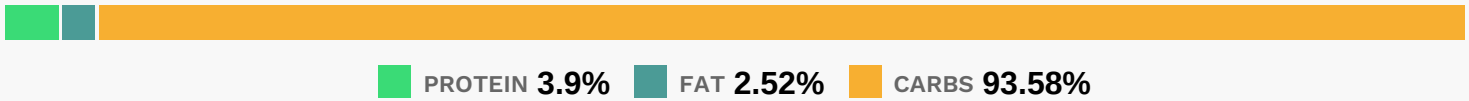
- ☐ 2 tablespoons grenadine syrup
- ☐ 0.5 cup rum light
- ☐ 0.3 cup juice of lime fresh
- ☐ 2.3 cups orange juice
- ☐ 1 cup pineapple juice

Equipment

Directions

- ☐
- Combine first 4 ingredients in a pitcher; stir well, and chill. Fill 4 glasses with orange juice mixture. Slowly pour 1 1/2 teaspoons grenadine syrup down inside of each glass (do not stir before serving).
- ☐
- Note: For a nonalcoholic punch, omit rum, and use 2 1/2 cups orange juice and 1 1/4 cups pineapple juice.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:17.53, Inflammation Score:-6, Nutrition Score:8.4960868747338%

Flavonoids

Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 18.03mg, Hesperetin: 18.03mg, Hesperetin: 18.03mg, Hesperetin: 18.03mg Naringenin: 3.04mg, Naringenin: 3.04mg, Naringenin: 3.04mg, Naringenin: 3.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 193.93kcal (9.7%), Fat: 0.36g (0.55%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 30.07g (10.02%), Net Carbohydrates: 29.61g (10.77%), Sugar: 22.52g (25.02%), Cholesterol: 0mg (0%), Sodium: 5.88mg (0.26%), Alcohol: 10.02g (100%), Alcohol %: 5.01% (100%), Protein: 1.25g (2.5%), Vitamin C: 80.19mg (97.2%), Manganese: 0.32mg (16.25%), Folate: 53.98µg (13.5%), Vitamin B1: 0.17mg (11.02%), Potassium: 376.8mg (10.77%), Vitamin B6: 0.12mg (6.04%), Magnesium: 24.03mg (6.01%), Vitamin A: 289.51IU (5.79%), Copper: 0.12mg (5.75%), Vitamin B3: 0.7mg (3.5%), Vitamin B2: 0.06mg (3.45%), Phosphorus: 32.15mg (3.22%), Vitamin B5: 0.32mg (3.17%), Iron: 0.49mg (2.74%), Calcium: 25.73mg (2.57%), Fiber: 0.46g (1.83%), Zinc: 0.17mg (1.15%)