



## Jamaica Inn Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



509 kcal

BEVERAGE

DRINK

### Ingredients

- 2 cups rum dark
- 3 servings ice cubes crushed
- 0.5 cup juice of lime fresh
- 1 slices garnish: pineapple wedges
- 0.5 cup sugar

### Equipment

## Directions

- Combine first 3 ingredients; serve over crushed ice.
- Garnish with a pineapple wedge, an orange slice, and a maraschino cherry.

## Nutrition Facts

PROTEIN 0.46% FAT 0.82% CARBS 98.72%

## Properties

Glycemic Index:28.36, Glycemic Load:23.27, Inflammation Score:-5, Nutrition Score:1.3813043489404%

## Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 508.57kcal (25.43%), Fat: 0.14g (0.21%), Saturated Fat: 0g (0.02%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 36.56g (13.3%), Sugar: 34.08g (37.86%), Cholesterol: 0mg (0%), Sodium: 2.8mg (0.12%), Alcohol: 53.44g (100%), Alcohol %: 28.82% (100%), Protein: 0.17g (0.34%), Vitamin C: 12.1mg (14.67%), Copper: 0.05mg (2.37%), Manganese: 0.04mg (1.87%), Potassium: 51.13mg (1.46%), Vitamin B1: 0.02mg (1.31%), Phosphorus: 12.06mg (1.21%), Vitamin B2: 0.02mg (1.1%), Folate: 4.03µg (1.01%)