



Little Dix Bay Planter'S Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



292 kcal

BEVERAGE

DRINK

Ingredients



1 cup rum dark



3 cups fruit punch



4 servings ice cubes crushed



0.3 cup juice of lime fresh



0.3 cup sugar



0.3 cup water

Equipment

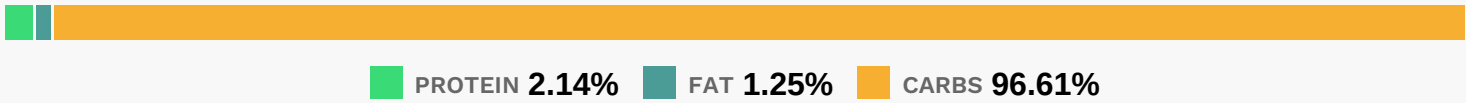


sauce pan

Directions

- ☐
- Combine sugar and water in a small saucepan; cook over medium heat, stirring constantly, until sugar dissolves and mixture comes to a boil. Boil 5 minutes without stirring. Cool. Stir in lime juice.
- ☐
- Combine sugar mixture with fruit punch and rum.
- ☐
- Serve over crushed ice.
- ☐
- *In testing, we used 1/2 cup Myers'sRum and 1/2 cup Mount Gay Extra Old Barbad

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:8.73, Inflammation Score:-5, Nutrition Score:3.4834782623726%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 291.82kcal (14.59%), Fat: 0.23g (0.35%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 39.76g (13.25%), Net Carbohydrates: 36.86g (13.4%), Sugar: 32.73g (36.36%), Cholesterol: 0mg (0%), Sodium: 10.7mg (0.47%), Alcohol: 20.04g (100%), Alcohol %: 9.03% (100%), Protein: 0.88g (1.76%), Fiber: 2.9g (11.62%), Vitamin A: 544.37IU (10.89%), Vitamin C: 8.45mg (10.24%), Vitamin K: 8.27µg (7.87%), Copper: 0.15mg (7.67%), Potassium: 177.34mg (5.07%), Vitamin B3: 0.73mg (3.63%), Iron: 0.59mg (3.3%), Manganese: 0.06mg (3.1%), Vitamin B2: 0.05mg (2.92%), Phosphorus: 25.85mg (2.58%), Magnesium: 10.26mg (2.56%), Vitamin B1: 0.03mg (1.91%), Vitamin B6: 0.03mg (1.74%), Zinc: 0.2mg (1.33%), Folate: 5.07µg (1.27%), Calcium: 11.6mg (1.16%)