



Pacific Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



248 kcal

BEVERAGE

DRINK

Ingredients

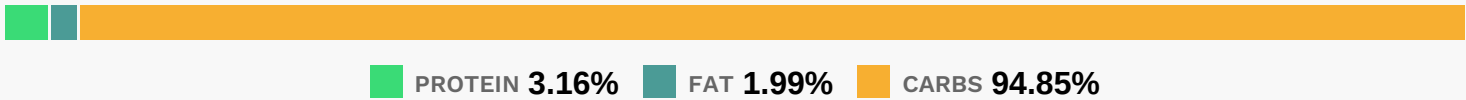
- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 0.5 cup crème de banane
- ☐ 0.5 cup crème de cassis
- ☐ 1 cup rum dark
- ☐ 1 cup rum light
- ☐ 0.3 cup juice of lime
- ☐ 9 servings garnish: pineapple wedges
- ☐ 3 cups pineapple juice

Equipment

Directions

- ☐ Stir together first 7 ingredients.
- ☐ Serve over ice.
- ☐ Garnish, if desired.
- ☐ Note: In testing, we used Rose's Lime Juice.

Nutrition Facts



Properties

Glycemic Index:27.27, Glycemic Load:14.98, Inflammation Score:-5, Nutrition Score:9.4126087401224%

Flavonoids

Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 247.81kcal (12.39%), Fat: 0.3g (0.46%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 32.01g (10.67%), Net Carbohydrates: 30.39g (11.05%), Sugar: 25.66g (28.51%), Cholesterol: 0mg (0%), Sodium: 5.85mg (0.25%), Alcohol: 17.81g (100%), Alcohol %: 7.55% (100%), Protein: 1.07g (2.13%), Vitamin C: 55.27mg (67%), Manganese: 1.2mg (59.81%), Vitamin B6: 0.23mg (11.7%), Copper: 0.2mg (9.83%), Vitamin B1: 0.12mg (8.22%), Folate: 31.91µg (7.98%), Potassium: 274.38mg (7.84%), Fiber: 1.61g (6.45%), Magnesium: 25.63mg (6.41%), Vitamin E: 0.73mg (4.87%), Iron: 0.68mg (3.77%), Vitamin B2: 0.06mg (3.66%), Vitamin K: 3.76µg (3.58%), Vitamin B3: 0.69mg (3.46%), Calcium: 27.46mg (2.75%), Vitamin B5: 0.26mg (2.56%), Phosphorus: 25.11mg (2.51%), Zinc: 0.29mg (1.93%), Vitamin A: 85.78IU (1.72%)