



Paradise Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



307 kcal

BEVERAGE

DRINK

Ingredients

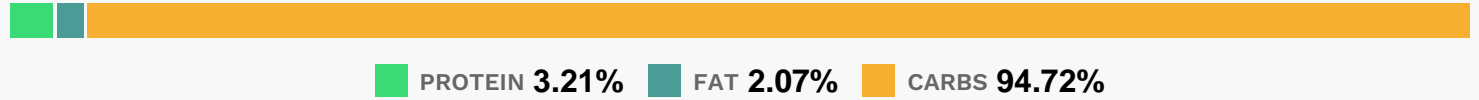
- 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- 0.5 cup hendrick's gin
- 6 servings pineapple for garnish
- 2 cups pineapple juice
- 0.5 cup rum
- 0.5 cup tequila
- 0.5 cup vodka

Equipment

Directions

- In a large pitcher, combine all ingredients and stir.
- Serve chilled in iced tea glasses with a wedge of pineapple for a garnish.

Nutrition Facts



Properties

Glycemic Index:36.78, Glycemic Load:15.96, Inflammation Score:-5, Nutrition Score:9.3826084590476%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 306.54kcal (15.33%), Fat: 0.3g (0.47%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 29.82g (10.85%), Sugar: 26.18g (29.09%), Cholesterol: 0mg (0%), Sodium: 4.89mg (0.21%), Alcohol: 26.72g (100%), Alcohol %: 10.4% (100%), Protein: 1.06g (2.12%), Vitamin C: 55.14mg (66.84%), Manganese: 1.17mg (58.6%), Vitamin B6: 0.22mg (10.78%), Copper: 0.21mg (10.3%), Vitamin B1: 0.12mg (8.2%), Folate: 29.85µg (7.46%), Potassium: 258.53mg (7.39%), Vitamin E: 1.04mg (6.96%), Magnesium: 24.4mg (6.1%), Fiber: 1.4g (5.59%), Vitamin K: 5.11µg (4.87%), Iron: 0.72mg (4%), Vitamin B2: 0.06mg (3.64%), Vitamin B3: 0.65mg (3.27%), Calcium: 27.7mg (2.77%), Phosphorus: 27.26mg (2.73%), Vitamin B5: 0.22mg (2.2%), Zinc: 0.29mg (1.96%), Vitamin A: 89.73IU (1.79%)