



Patio Daddy-O Planter's Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



248 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup rum dark
- ☐ 1 serving grenadine syrup
- ☐ 1.5 cups cracked ice
- ☐ 0.3 cup juice of lime fresh chilled
- ☐ 0.3 cup orange juice chilled
- ☐ 1 slices garnishes: pineapple wedges
- ☐ 0.5 cup pineapple juice chilled

Equipment

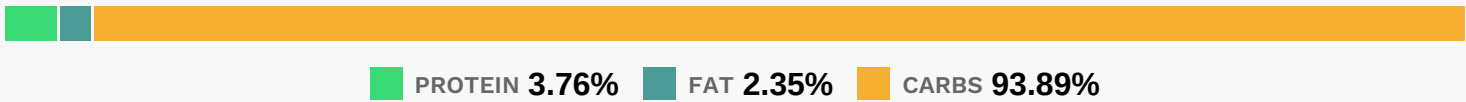
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toothpicks

Directions

- ☐ Fill a cocktail shaker with ice, and add juices and rum. Shake vigorously to blend.
- ☐ Pour mixture into a tall glass. Top with a splash of grenadine.
- ☐ Garnish with a toothpick skewered with fruit, if desired.

Nutrition Facts



Properties

Glycemic Index:213, Glycemic Load:10.83, Inflammation Score:-6, Nutrition Score:8.290869474411%

Flavonoids

Eriodictyol: 1.43mg, Eriodictyol: 1.43mg, Eriodictyol: 1.43mg, Eriodictyol: 1.43mg Hesperetin: 12.84mg, Hesperetin: 12.84mg, Hesperetin: 12.84mg, Hesperetin: 12.84mg Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 248.49kcal (12.42%), Fat: 0.31g (0.48%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 27.18g (9.89%), Sugar: 18.86g (20.96%), Cholesterol: 0mg (0%), Sodium: 22.84mg (0.99%), Alcohol: 20.04g (100%), Alcohol %: 3.86% (100%), Protein: 1.12g (2.23%), Vitamin C: 60.95mg (73.88%), Manganese: 0.63mg (31.26%), Folate: 45.89µg (11.47%), Potassium: 349.88mg (10%), Copper: 0.2mg (9.81%), Vitamin B1: 0.14mg (9.53%), Vitamin B6: 0.17mg (8.32%), Magnesium: 29.45mg (7.36%), Calcium: 41.88mg (4.19%), Vitamin B2: 0.05mg (3.23%), Vitamin A: 160.6IU (3.21%), Iron: 0.57mg (3.18%), Phosphorus: 30.92mg (3.09%), Vitamin B3: 0.58mg (2.88%), Vitamin B5: 0.26mg (2.59%), Fiber: 0.63g (2.54%), Zinc: 0.27mg (1.82%), Vitamin E: 0.18mg (1.21%)