



Pine Cone Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



229 kcal

BEVERAGE

DRINK

Ingredients

- 5 ounces rum dark such as gosling's or myers's
- 4 servings ice cubes
- 2.5 ounces pinenuts such as zirbenz
- 7.5 ounces pineapple juice unsweetened

Equipment

Directions

- Combine the pineapple juice, rum, and liqueur in a 16-ounce container with a tightfitting lid. Cover and refrigerate until ready to serve. (The mixture will keep for up to 2 days.)When ready to serve, stir the mixture to recombine and then pour over ice.

Nutrition Facts

PROTEIN 6.68% **FAT 69.94%** **CARBS 23.38%**

Properties

Glycemic Index:15.25, Glycemic Load:3.1, Inflammation Score:-4, Nutrition Score:8.8308697433575%

Nutrients (% of daily need)

Calories: 229.28kcal (11.46%), Fat: 12.18g (18.74%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 9.16g (3.05%), Net Carbohydrates: 8.4g (3.05%), Sugar: 5.94g (6.6%), Cholesterol: 0mg (0%), Sodium: 4.57mg (0.2%), Alcohol: 11.84g (100%), Alcohol %: 9.24% (100%), Protein: 2.62g (5.24%), Manganese: 1.83mg (91.69%), Copper: 0.29mg (14.35%), Magnesium: 51.41mg (12.85%), Vitamin E: 1.66mg (11.09%), Phosphorus: 107.55mg (10.76%), Vitamin K: 9.71µg (9.25%), Zinc: 1.22mg (8.14%), Vitamin C: 5.46mg (6.61%), Vitamin B1: 0.1mg (6.5%), Iron: 1.16mg (6.44%), Potassium: 175.59mg (5.02%), Vitamin B3: 0.89mg (4.44%), Folate: 15.59µg (3.9%), Vitamin B6: 0.07mg (3.51%), Vitamin B2: 0.05mg (3.11%), Fiber: 0.76g (3.05%), Calcium: 11.43mg (1.14%)