



Pineapple-Rum-Tea Punch



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



270 min.

SERVINGS



15

CALORIES



131 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 20 oz lemon lime soda chilled soft
- ☐ 1 cup rum light
- ☐ 0.5 cup juice of lime fresh
- ☐ 4 cups pineapple fresh cubed
- ☐ 2 cups pineapple sherbet
- ☐ 0.5 cup sugar
- ☐ 4 tea bags green (such as Tazo All Natural Zen Tea)
- ☐ 2 cups water

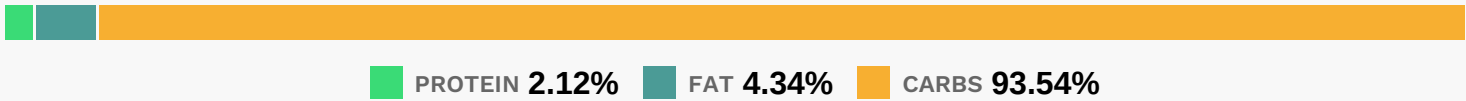
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Process pineapple, sugar, and lime juice in a blender or food processor 30 seconds or until smooth, stopping to scrape down sides as needed.
- ☐ Pour through a fine wire-mesh strainer into a large pitcher, pressing to release juices. Discard solids. Bring water to a boil in a medium saucepan over medium-high heat.
- ☐ Remove from heat, and add tea bags. Cover and steep 7 minutes. Discard tea bags. Stir tea into pineapple mixture; cover and chill 4 to 6 hours. Gently stir chilled lemon-lime soft drink and rum into pineapple mixture just before serving.
- ☐ Place pineapple sherbet in a punch bowl or individual glasses.
- ☐ Pour pineapple mixture over sherbet.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.98, Glycemic Load:10.6, Inflammation Score:-2, Nutrition Score:3.541739086742%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 130.56kcal (6.53%), Fat: 0.47g (0.73%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 22.12g (8.04%), Sugar: 19.77g (21.97%), Cholesterol: 0.2mg (0.07%), Sodium: 15.26mg (0.66%), Alcohol: 5.34g (100%), Alcohol %: 4.11% (100%), Caffeine: 5.67mg (1.89%), Protein: 0.52g (1.05%), Vitamin C: 23.91mg (28.98%), Manganese: 0.41mg (20.73%), Fiber: 0.9g (3.62%), Copper: 0.06mg (3.25%), Vitamin B1: 0.04mg (2.87%), Vitamin B6: 0.06mg (2.85%), Folate: 9.52µg (2.38%), Potassium: 77.17mg (2.2%), Vitamin B2: 0.04mg (2.14%), Magnesium: 8.2mg (2.05%), Calcium: 19.27mg (1.93%), Vitamin B5: 0.15mg (1.48%), Phosphorus: 13.18mg (1.32%), Vitamin B3: 0.25mg (1.26%), Zinc: 0.17mg (1.12%)