

Planter's Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



239 kcal

Ingredients

- ☐ 0.3 teaspoon angostura bitters
- ☐ 6 cinnamon sticks
- ☐ 1 cup guava nectar
- ☐ 2 tablespoons juice of lime fresh
- ☐ 6 maraschino cherries
- ☐ 6 slices cranberry-orange relish
- ☐ 1 cup orange juice fresh (2 oranges)
- ☐ 6 slices pineapple fresh
- ☐ 1 cup pineapple juice

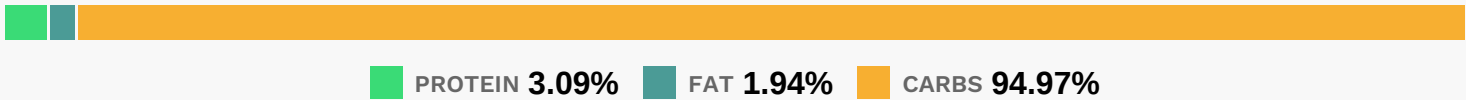
- ☐ 1 cup rum white
- ☐ 2 tablespoons sugar

Equipment

Directions

- ☐ Combine first 7 ingredients in a pitcher.
- ☐ Serve over ice.
- ☐ Garnish each serving with 1 cinnamon stick, 1 pineapple slice, 1 orange slice, and 1 cherry.
- ☐ Sprinkle with nutmeg, if desired.

Nutrition Facts



Properties

Glycemic Index:48.21, Glycemic Load:13.65, Inflammation Score:0, Nutrition Score:12.341739434263%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 9.2mg, Hesperetin: 9.2mg, Hesperetin: 9.2mg, Hesperetin: 9.2mg Naringenin: 3.05mg, Naringenin: 3.05mg, Naringenin: 3.05mg, Naringenin: 3.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 238.81kcal (11.94%), Fat: 0.34g (0.53%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 37.66g (12.55%), Net Carbohydrates: 33.53g (12.19%), Sugar: 28.27g (31.42%), Cholesterol: 0mg (0%), Sodium: 6.06mg (0.26%), Alcohol: 13.45g (100%), Alcohol %: 6.13% (100%), Protein: 1.23g (2.45%), Vitamin C: 82.07mg (99.48%), Manganese: 1.62mg (81.16%), Fiber: 4.13g (16.52%), Folate: 40.76µg (10.19%), Vitamin B1: 0.14mg (9.62%), Copper: 0.18mg (9.01%), Vitamin B6: 0.17mg (8.53%), Potassium: 289.46mg (8.27%), Calcium: 69.29mg (6.93%), Magnesium: 24.7mg (6.18%), Iron: 0.8mg (4.43%), Vitamin B3: 0.84mg (4.2%), Vitamin A: 194.57IU (3.89%), Vitamin B5: 0.37mg (3.71%), Vitamin B2: 0.06mg (3.47%), Phosphorus: 24.38mg (2.44%), Vitamin K: 2.28µg (2.17%), Zinc: 0.28mg (1.9%), Vitamin E: 0.18mg (1.21%)