

Planter's Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



191 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 teaspoon angostura bitters
- ☐ 6 cinnamon sticks
- ☐ 1 cup bottled 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

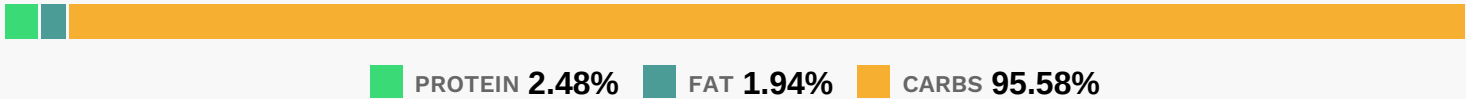
- ☐ 1 cup pineapple juice
- ☐ 1 cup rum white
- ☐ 2 tablespoons sugar

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:38.43, Glycemic Load:7.37, Inflammation Score:-4, Nutrition Score:6.2034782754338%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 5.66mg, Hesperetin: 5.66mg, Hesperetin: 5.66mg, Hesperetin: 5.66mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 191.3kcal (9.56%), Fat: 0.23g (0.35%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 25.28g (8.43%), Net Carbohydrates: 22.62g (8.23%), Sugar: 18.93g (21.03%), Cholesterol: 0mg (0%), Sodium: 5.23mg (0.23%), Alcohol: 13.45g (100%), Alcohol %: 9.36% (100%), Protein: 0.65g (1.31%), Vitamin C: 35.1mg (42.55%), Manganese: 0.84mg (42.06%), Fiber: 2.66g (10.62%), Folate: 21.8µg (5.45%), Calcium: 53.33mg (5.33%), Potassium: 175.61mg (5.02%), Vitamin B1: 0.07mg (4.51%), Copper: 0.08mg (4.15%), Vitamin B6: 0.07mg (3.47%), Magnesium: 13.47mg (3.37%), Iron: 0.54mg (3.02%), Vitamin A: 117.1IU (2.34%), Vitamin B3: 0.39mg (1.93%), Vitamin K: 1.7µg (1.62%), Vitamin B5: 0.16mg (1.6%), Vitamin B2: 0.03mg (1.59%), Phosphorus: 15.91mg (1.59%), Zinc: 0.18mg (1.17%)