

## Rum Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



190 kcal

BEVERAGE

DRINK

### Ingredients

- 3 cups seltzer water chilled
- 1.5 cups rum dark
- 0.3 cup grenadine syrup
- 4 cups pepperoncini pepper juice chilled (such as Looza brand)
- 0.3 cup juice of lime fresh ( 3 limes)
- 3 cups pineapple juice chilled
- 0.5 cup sugar
- 0.5 cup water

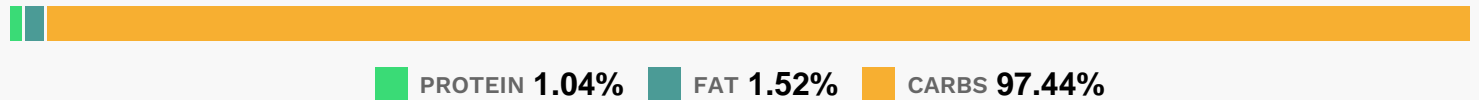
# Equipment

- bowl
- sauce pan

# Directions

- Combine sugar and 1/2 cup water in a small saucepan over high heat; bring to a boil. Cook until sugar dissolves, stirring occasionally.
- Remove from heat; transfer sugar mixture to a small bowl. Chill.
- Combine sugar mixture, mango juice, and next 4 ingredients (through grenadine) in a large bowl; mix well. Stir in soda.
- Serve over ice.

# Nutrition Facts



# Properties

Glycemic Index:22.65, Glycemic Load:17.46, Inflammation Score:-2, Nutrition Score:2.7104347393565%

# Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

# Nutrients (% of daily need)

Calories: 190.23kcal (9.51%), Fat: 0.21g (0.32%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 30.26g (10.09%), Net Carbohydrates: 29.95g (10.89%), Sugar: 25.37g (28.19%), Cholesterol: 0mg (0%), Sodium: 19.72mg (0.86%), Alcohol: 10.02g (100%), Alcohol %: 4.84% (100%), Protein: 0.32g (0.65%), Manganese: 0.37mg (18.3%), Vitamin C: 8.66mg (10.5%), Potassium: 171.87mg (4.91%), Vitamin B6: 0.08mg (3.84%), Vitamin B1: 0.06mg (3.67%), Copper: 0.07mg (3.31%), Magnesium: 12.71mg (3.18%), Folate: 11.29µg (2.82%), Calcium: 18.96mg (1.9%), Vitamin B2: 0.03mg (1.82%), Iron: 0.31mg (1.74%), Phosphorus: 12.91mg (1.29%), Fiber: 0.31g (1.24%), Zinc: 0.17mg (1.12%)