



Rum Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



10

CALORIES



397 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups grenadine syrup
- ☐ 1 cup rum light
- ☐ 1 cup juice of lime fresh
- ☐ 1 pinch nutmeg freshly grated
- ☐ 1 slices cranberry-orange relish for garnish
- ☐ 2 cups orange juice fresh
- ☐ 1 slices pineapple for garnish
- ☐ 2 cups pineapple juice fresh

☐ 2 cups jamaican rum white

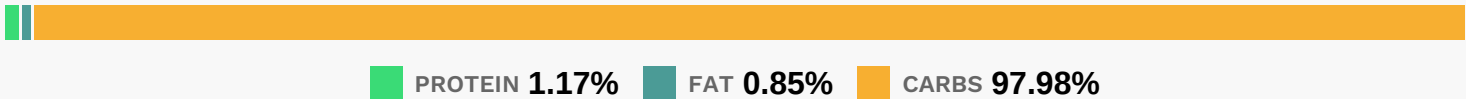
Equipment

☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Mix all ingredients together in a pitcher or punch bowl. Chill in the refrigerator for at least 1 hour before serving.
- ☐ Garnish with orange or pineapple slices.

Nutrition Facts



Properties

Glycemic Index:39.92, Glycemic Load:48.86, Inflammation Score:-5, Nutrition Score:5.2339130354964%

Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 8.48mg, Hesperetin: 8.48mg, Hesperetin: 8.48mg, Hesperetin: 8.48mg Naringenin: 1.37mg, Naringenin: 1.37mg, Naringenin: 1.37mg, Naringenin: 1.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 396.61kcal (19.83%), Fat: 0.22g (0.34%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 57.41g (19.14%), Net Carbohydrates: 56.95g (20.71%), Sugar: 40.06g (44.52%), Cholesterol: 0mg (0%), Sodium: 20.02mg (0.87%), Alcohol: 24.05g (100%), Alcohol %: 11.42% (100%), Protein: 0.68g (1.37%), Vitamin C: 41.54mg (50.36%), Manganese: 0.34mg (17.16%), Folate: 27.8µg (6.95%), Potassium: 220.27mg (6.29%), Vitamin B1: 0.09mg (6.04%), Copper: 0.1mg (5.18%), Vitamin B6: 0.09mg (4.37%), Magnesium: 16.95mg (4.24%), Vitamin A: 121.78IU (2.44%), Vitamin B2: 0.04mg (2.41%), Phosphorus: 22.12mg (2.21%), Calcium: 20.66mg (2.07%), Iron: 0.36mg (1.98%), Vitamin B3: 0.38mg (1.92%), Fiber: 0.46g (1.85%), Vitamin B5: 0.17mg (1.72%), Zinc: 0.22mg (1.48%)