



Sneaky' Citrus Punch



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



324 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons grenadine syrup
- ☐ 2 juice of lemon juiced
- ☐ 6 servings optional: lemon sliced for garnish
- ☐ 2 cups rum light
- ☐ 3 cups orange juice
- ☐ 0.3 cup liqueur orange-flavored recommended: Curacao
- ☐ 1 cup pear nectar

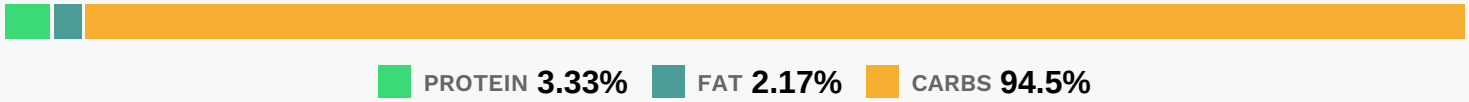
Equipment

☐ bowl

Directions

- ☐ In a large punch bowl, mix the orange juice, pear nectar, lemon juice, grenadine, rum and orange liqueur.
- ☐ Serve with ice and garnish with the lemon slices.

Nutrition Facts



Properties

Glycemic Index:32.08, Glycemic Load:11.15, Inflammation Score:-7, Nutrition Score:6.6204347934412%

Flavonoids

Eriodictyol: 2.19mg, Eriodictyol: 2.19mg, Eriodictyol: 2.19mg, Eriodictyol: 2.19mg Hesperetin: 18.22mg, Hesperetin: 18.22mg, Hesperetin: 18.22mg, Hesperetin: 18.22mg Naringenin: 2.83mg, Naringenin: 2.83mg, Naringenin: 2.83mg, Naringenin: 2.83mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 323.96kcal (16.2%), Fat: 0.3g (0.46%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 29.16g (9.72%), Net Carbohydrates: 28.43g (10.34%), Sugar: 24.12g (26.8%), Cholesterol: 0mg (0%), Sodium: 5.75mg (0.25%), Alcohol: 30.7g (100%), Alcohol %: 13.94% (100%), Protein: 1.03g (2.05%), Vitamin C: 70.04mg (84.89%), Folate: 40.39µg (10.1%), Vitamin B1: 0.12mg (8.16%), Potassium: 276.84mg (7.91%), Copper: 0.11mg (5.26%), Vitamin A: 250.56IU (5.01%), Magnesium: 16.32mg (4.08%), Vitamin B6: 0.07mg (3.32%), Fiber: 0.72g (2.9%), Vitamin B2: 0.05mg (2.9%), Vitamin B3: 0.58mg (2.88%), Phosphorus: 27.72mg (2.77%), Vitamin B5: 0.27mg (2.71%), Iron: 0.44mg (2.45%), Manganese: 0.05mg (2.38%), Calcium: 18.54mg (1.85%)