



Sparkling Rum Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



160 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup rum dark
- ☐ 2 cups orange juice fresh
- ☐ 0.5 cup orange liqueur
- ☐ 1500 milliliter sparkling wine chilled

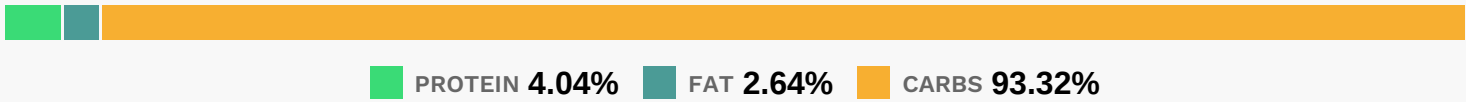
Equipment

- ☐ bowl

Directions

- ☐ Stir together orange juice, orange liqueur, and rum in a medium bowl; cover and chill 1 hour.
- ☐ Pour mixture into a large pitcher or punch bowl, and top with chilled sparkling wine.
- ☐ Serve immediately.
- ☐ Note: We tested with Cointreau orange liqueur and Asti Spumante sparkling wine.

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:2.63, Inflammation Score:-6, Nutrition Score:3.1413043279039%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg 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: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 159.7kcal (7.99%), Fat: 0.13g (0.21%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 10.61g (3.86%), Sugar: 9.69g (10.76%), Cholesterol: 0mg (0%), Sodium: 12.03mg (0.52%), Alcohol: 16.65g (100%), Alcohol %: 9.46% (100%), Caffeine: 3.07mg (1.02%), Protein: 0.46g (0.93%), Vitamin C: 24.8mg (30.06%), Potassium: 234.65mg (6.7%), Magnesium: 20.77mg (5.19%), Folate: 16.38µg (4.09%), Iron: 0.71mg (3.94%), Phosphorus: 32.06mg (3.21%), Vitamin B1: 0.05mg (3.06%), Vitamin B6: 0.05mg (2.49%), Copper: 0.05mg (2.28%), Vitamin A: 99.2IU (1.98%), Calcium: 19.04mg (1.9%), Vitamin B2: 0.03mg (1.87%), Vitamin B3: 0.37mg (1.83%), Zinc: 0.15mg (1.02%)