



Ultimate Rum Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



101 kcal

BEVERAGE

DRINK

Ingredients

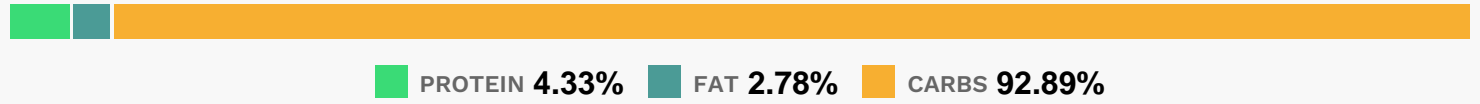
- 0.3 cup brandy
- 0.5 cup frangelico
- 0.3 cup grapefruit juice
- 8 servings lime sliced
- 0.8 cup orange juice
- 1 cup pineapple juice
- 0.8 cup rum

Equipment

Directions

- Combine all ingredients in a pitcher.
- Pour over ice to serve.
- Garnish with lime slices, if desired.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:3.51, Inflammation Score:-3, Nutrition Score:2.3704348028354%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 5.79mg, Hesperetin: 5.79mg, Hesperetin: 5.79mg, Hesperetin: 5.79mg Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 100.89kcal (5.04%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 7.77g (2.59%), Net Carbohydrates: 7.46g (2.71%), Sugar: 5.83g (6.47%), Cholesterol: 0mg (0%), Sodium: 1.41mg (0.06%), Alcohol: 10.02g (100%), Alcohol %: 11.33% (100%), Protein: 0.36g (0.72%), Vitamin C: 18.6mg (22.54%), Manganese: 0.16mg (7.89%), Folate: 12.99µg (3.25%), Potassium: 104.54mg (2.99%), Vitamin B1: 0.04mg (2.8%), Vitamin B6: 0.04mg (2.1%), Copper: 0.04mg (2.07%), Magnesium: 7.26mg (1.81%), Fiber: 0.31g (1.24%), Iron: 0.22mg (1.23%), Vitamin A: 51.99IU (1.04%)