

Mai Tai Punch (Alcoholic)

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Servings: 12

4 cups pineapple juice
2 cups chopped pineapple
2 cups pineapple juice
1 1/2 cups white rum
1 1/2 cups dark rum
3/4 cup lime juice
3/4 cup curacao
3/4 cup amaretto
maraschino cherries (for garnish)

In a ring mold, place four cups of pineapple juice and the chopped pineapple. Freeze.

In a punch bowl, mix two cups of pineapple juice, the white rum, dark rum, lime juice, curacao and amaretto.

Add the ice ring and some maraschino cherries.

Per Serving (excluding unknown items): 289 Calories; trace Fat (0.9% calories from fat); trace Protein; 27g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	289	Vitamin B6 (mg):	.1mg
% Calories from Fat:	0.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	30mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	215
Cholesterol (mg):	0mg	% Refused:	0.0%
Carbohydrate (g):	27g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	2mg	Vegetable:	0
Potassium (mg):	185mg	Fruit:	1
Calcium (mg):	23mg	Non-Fat Milk:	0

Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 18mg
Vitamin A (i.u.): 8IU
Vitamin A (r.e.): 1RE

Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 289 Calories from Fat: 3

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	27g	9%
	Dietary Fiber trace	1%
Protein	trace	

Vitamin A		0%
Vitamin C		30%
Calcium		2%
Iron		2%

** Percent Daily Values are based on a 2000 calorie diet.*