

Pineapple Rum Punch (Alcoholic)

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Servings: 12

4 cups chopped pineapple
 1 1/2 cups dark rum
 1 cup orange juice
 1 cup pineapple juice
 1/2 cup lemon juice
 1/3 cup sugar
 1/3 cup grenadine
 mint leaves (for garnish)

Freeze the chopped pineapple.

In a punch bowl, mix the rum, orange juice, pineapple juice, lemon juice, sugar and grenadine.

Add the frozen pineapple and some mint leaves.

Per Serving (excluding unknown items): 128 Calories; trace Fat (0.8% calories from fat); trace Protein; 16g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1/2 Fruit; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	128
% Calories from Fat:	0.8%
% Calories from Carbohydrates:	97.7%
% Calories from Protein:	1.5%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	16g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	5mg
Potassium (mg):	87mg
Calcium (mg):	8mg
Iron (mg):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	17mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	64
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	0

Zinc (mg): trace
Vitamin C (mg): 17mg
Vitamin A (i.u.): 44IU
Vitamin A (r.e.): 10 1/2RE

Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 128 **Calories from Fat:** 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	16g	5%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	1%
Vitamin C	29%
Calcium	1%
Iron	2%

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