

Jamaican Rum Punch

Yield: 4 min
Total Time: 2 min

Recipe from: <https://www.recipeschoose.com/recipes/original-jamaican-rum-punch-recipe>

Ingredients:

- 1 ounce light rum Wray & Nephew Overproof Rum or Bacardi Light White Rum
- 1/2 ounce dark rum Myer's Dark Rum or Appleton Estate
- 1/4 ounce coconut rum Malibu or Bacardi brand coconut rum
- 2 ounces pineapple juice
- 1 ounce orange juice
- 1/2 ounce lime juice
- 1/4 ounce grenadine syrup Anchor Cherry Syrup
- lime optional
- pineapple optional
- Orange optional

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 19 grams
3. Fiber: 4 grams
4. Protein: 1 grams
5. Sugar: 6 grams

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