

# Tropical Rum Punch

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 1 cup pineapple juice
- 1 cup orange juice
- 1 cup white rum
- 1/2 cup spiced rum
- 1/4 cup triple sec
- 1/2 cup lime juice
- 1/4 cup grenadine

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 36 grams
3. Protein: 1 grams
4. Sodium: 10 milligrams
5. Sugar: 27 grams

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