

# Caribbean Rum Punch

Yield: 2 min  
Total Time: 15 min

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

## Ingredients:

- 1/2 ounce lime juice
- 4 ounces orange juice
- 4 ounces pineapple juice
- 1 1/2 ounces dark rum
- 1 1/2 ounces light rum
- grenadine A little, for color

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 14 grams
3. Protein: 1 grams
4. Sugar: 10 grams

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