

A Fuzzy Thing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1 min.

SERVINGS



2

CALORIES



200 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 fluid ounces orange juice
- ☐ 1.5 fluid ounce jigger peach schnapps
- ☐ 2 fluid ounces pineapple juice
- ☐ 1 fluid ounce triple sec liqueur
- ☐ 2 fluid ounces vodka
- ☐ 2 tablespoons mix sweet sour
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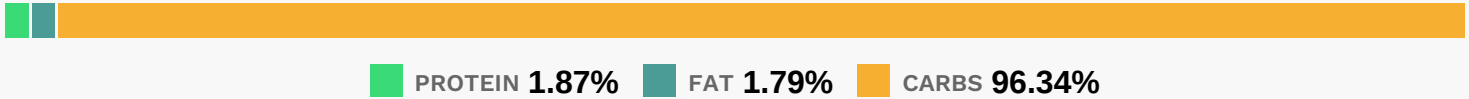
Equipment

blender

Directions

In a cocktail mixer full of ice, combine vodka, triple sec, schnapps, orange juice, pineapple juice and sour mix. Shake vigorously and strain into glasses.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:3.29, Inflammation Score:-3, Nutrition Score:2.2886956648334%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.53mg, Hesperetin: 3.53mg, Hesperetin: 3.53mg, Hesperetin: 3.53mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 199.82kcal (9.99%), Fat: 0.14g (0.21%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 16.76g (6.09%), Sugar: 15.34g (17.05%), Cholesterol: 0mg (0%), Sodium: 2.37mg (0.1%), Alcohol: 13.72g (100%), Alcohol %: 13.84% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.33g (0.66%), Vitamin C: 17.74mg (21.51%), Manganese: 0.16mg (7.78%), Folate: 14.19µg (3.55%), Vitamin B1: 0.05mg (3.06%), Potassium: 102.31mg (2.92%), Copper: 0.04mg (2.11%), Vitamin B6: 0.04mg (2.07%), Magnesium: 7.24mg (1.81%), Vitamin A: 60.62IU (1.21%), Vitamin B2: 0.02mg (1.11%)