



Aloha



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



1956 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounces champagne vinegar
- ☐ 8 ounces coconut water
- ☐ 0.8 ounce hendrick's gin
- ☐ 1 serving ice cubes
- ☐ 1 tablespoon optional: lemon
- ☐ 0.8 ounce pineapple
- ☐ 1 pineapple whole
- ☐ 12 ounces sugar

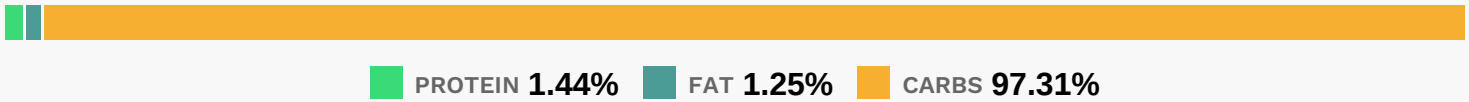
Equipment

- ☐ sauce pan
- ☐ cheesecloth

Directions

- ☐ Cut a pineapple into large pieces. In a non-reactive container, cover with the champagne vinegar.
- ☐ Let sit for 7 days, stirring well every day. Strain through cheesecloth into a medium saucepan.
- ☐ Add sugar and coconut water, bring to a boil. Reduce heat, simmer for 10 minutes.
- ☐ For the cocktail: fill a cocktail shaker with ice.
- ☐ Add gin, pineapple shrub, and squeeze of lemon. Shake well and strain into a champagne flute. Top with cava.

Nutrition Facts



Properties

Glycemic Index:282.92, Glycemic Load:304.57, Inflammation Score:-10, Nutrition Score:32.767391158187%

Flavonoids

Eriodictyol: 3.16mg, Eriodictyol: 3.16mg, Eriodictyol: 3.16mg, Eriodictyol: 3.16mg Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 1955.56kcal (97.78%), Fat: 2.7g (4.15%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 471.19g (157.06%), Net Carbohydrates: 455.31g (165.57%), Sugar: 437.04g (485.6%), Cholesterol: 0mg (0%), Sodium: 290.4mg (12.63%), Alcohol: 7.1g (100%), Alcohol %: 0.44% (100%), Protein: 6.98g (13.96%), Vitamin C: 458.3mg (555.52%), Manganese: 9.14mg (456.95%), Fiber: 15.88g (63.51%), Copper: 1.2mg (59.88%), Vitamin B6: 1.12mg (56.1%), Vitamin B1: 0.81mg (53.8%), Potassium: 1781.15mg (50.89%), Magnesium: 187.74mg (46.93%), Folate: 175.16µg (43.79%), Iron: 5.65mg (31.4%), Vitamin B2: 0.49mg (29.07%), Vitamin B3: 4.83mg (24.15%), Calcium: 210.99mg (21.1%), Vitamin B5: 2.1mg (20.99%), Phosphorus: 158.96mg (15.9%), Vitamin A: 540.49IU (10.81%), Zinc: 1.53mg (10.21%), Selenium:

5.29µg (7.56%), Vitamin K: 6.48µg (6.18%), Vitamin E: 0.21mg (1.38%)