



Aloha Sunrise



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

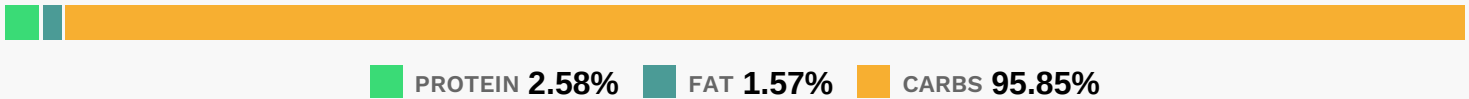
- ☐ 1 cup ginger ale chilled
- ☐ 1 cup guava blend juice chilled
- ☐ 7 servings garnish: pineapple wedges
- ☐ 4 cups pineapple juice chilled
- ☐ 1.5 cups sparkling wine chilled

Equipment

Directions

- ☐ Combine first 4 ingredients.
- ☐ Pour over ice.
- ☐ Garnish, if desired.
- ☐ *For a nonalcoholic version, omit the sparkling wine and increase ginger ale to a total of 2 1/2 cups.

Nutrition Facts



Properties

Glycemic Index:23.95, Glycemic Load:15.38, Inflammation Score:-5, Nutrition Score:10.34739146414%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 165.82kcal (8.29%), Fat: 0.26g (0.4%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 35.92g (11.97%), Net Carbohydrates: 34.22g (12.44%), Sugar: 28.96g (32.18%), Cholesterol: 0mg (0%), Sodium: 10.84mg (0.47%), Alcohol: 3.24g (100%), Alcohol %: 1.22% (100%), Protein: 0.97g (1.93%), Vitamin C: 61.35mg (74.36%), Manganese: 1.45mg (72.44%), Vitamin B6: 0.24mg (11.87%), Folate: 39.63µg (9.91%), Potassium: 345.14mg (9.86%), Copper: 0.2mg (9.77%), Vitamin B1: 0.14mg (9.56%), Magnesium: 31.48mg (7.87%), Fiber: 1.7g (6.82%), Iron: 0.92mg (5.11%), Vitamin B3: 0.73mg (3.66%), Vitamin B2: 0.06mg (3.52%), Calcium: 33.82mg (3.38%), Vitamin B5: 0.25mg (2.51%), Phosphorus: 24.97mg (2.5%), Zinc: 0.3mg (2.03%), Vitamin A: 54.59IU (1.09%)