



 6%
HEALTH SCORE

Bahamian Goombay Smash Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



377 kcal

BEVERAGE

DRINK

Ingredients

- 3 oz malibu coconut rum
- 3 oz brandy
- 4.5 oz rum dark
- 4.5 oz rum dark
- 1.5 cups pineapple juice
- 1.5 cups orange juice
- 1 slices cranberry-orange relish fresh
- 4 servings pineapple fresh

Equipment

Directions

- Fill a small pitcher with ice.
- Add both rums and the brandy.
- Add the pineapple juice.
- Add the orange juice.Stir.
- Garnish with oranges and pineapple.

Nutrition Facts



PROTEIN 4.18% **FAT 2.57%** **CARBS 93.25%**

Properties

Glycemic Index:64.79, Glycemic Load:15.89, Inflammation Score:-7, Nutrition Score:11.818695652174%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 12.07mg, Hesperetin: 12.07mg, Hesperetin: 12.07mg, Hesperetin: 12.07mg Naringenin: 2.53mg, Naringenin: 2.53mg, Naringenin: 2.53mg, Naringenin: 2.53mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Taste

Sweetness: 100%, Saltiness: 4.82%, Sourness: 55.58%, Bitterness: 32.54%, Savoriness: 8.66%, Fattiness: 9.14%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 377.23kcal (18.86%), Fat: 0.4g (0.61%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 32.28g (10.76%), Net Carbohydrates: 30.68g (11.16%), Sugar: 25.1g (27.89%), Cholesterol: 0mg (0%), Sodium: 4.59mg (0.2%), Alcohol: 35.51g (197.27%), Protein: 1.45g (2.9%), Vitamin C: 96.65mg (117.15%), Manganese: 1.24mg (62.19%), Folate: 59.73µg (14.93%), Vitamin B1: 0.21mg (13.98%), Potassium: 399.44mg (11.41%), Vitamin B6: 0.22mg (11.06%), Copper: 0.22mg (10.83%), Magnesium: 31.1mg (7.77%), Fiber: 1.6g (6.41%), Vitamin B3: 0.98mg (4.92%), Vitamin A: 246.15IU (4.92%), Vitamin B2: 0.08mg (4.62%), Iron: 0.75mg (4.14%), Vitamin B5: 0.41mg (4.11%), Phosphorus: 34.23mg (3.42%), Calcium: 33.86mg (3.39%), Zinc: 0.29mg (1.92%)