



## Baltimore Zoo

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



255 kcal

BEVERAGE

DRINK

## Ingredients

- 4 fluid ounces beer budweiser® (such as )
- 0.5 fluid ounce hendrick's gin
- 3 fluid ounces grenadine syrup
- 2 servings ice cubes
- 3 fluid ounces orange juice
- 0.5 fluid ounce rum white
- 0.5 fluid ounce silver tequila
- 0.5 fluid ounce triple sec

0.5 fluid ounce vodka

## Equipment

## Directions

Fill a pitcher with ice, and pour in the tequila, gin, rum, vodka, triple sec, orange juice, and grenadine. Stir to mix, then pour in beer to serve.

## Nutrition Facts

**PROTEIN 1.49%** **FAT 0.63%** **CARBS 97.88%**

## Properties

Glycemic Index:126.25, Glycemic Load:32.88, Inflammation Score:-4, Nutrition Score:2.5869564835144%

## Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.3mg, Hesperetin: 5.3mg, Hesperetin: 5.3mg, Hesperetin: 5.3mg Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 255.34kcal (12.77%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 38.77g (12.92%), Net Carbohydrates: 38.68g (14.07%), Sugar: 26.75g (29.73%), Cholesterol: 0mg (0%), Sodium: 18.47mg (0.8%), Alcohol: 14.1g (100%), Alcohol %: 7.42% (100%), Protein: 0.59g (1.18%), Vitamin C: 22.18mg (26.88%), Folate: 16.85µg (4.21%), Potassium: 119.83mg (3.42%), Vitamin B1: 0.04mg (2.99%), Magnesium: 10.98mg (2.75%), Copper: 0.05mg (2.57%), Vitamin B3: 0.49mg (2.47%), Vitamin B6: 0.05mg (2.26%), Vitamin B2: 0.03mg (2.05%), Phosphorus: 19.29mg (1.93%), Vitamin A: 88.71IU (1.77%), Calcium: 11.66mg (1.17%), Vitamin B5: 0.11mg (1.09%)