



Big Star Cactus Cooler Drink

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



170 kcal

BEVERAGE

DRINK

Ingredients

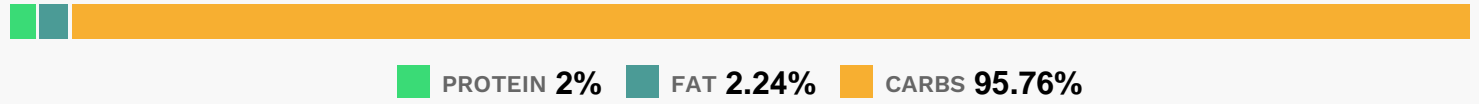
- 1 fluid ounce 1/4 cup dried cranberry (juice sweetened if possible)
- 1 cup ice cubes
- 3 fluid ounces cactus juice schnapps
- 1 fluid ounce rum light
- 3 fluid ounces pineapple juice

Equipment

Directions

- Fill a tumbler glass with ice cubes.
- Pour in the schnapps, rum, and pineapple juice.
- Add enough cranberry juice to turn the drink from yellow–orange to a salmon pink color.

Nutrition Facts



Properties

Glycemic Index:157.75, Glycemic Load:11.19, Inflammation Score:-3, Nutrition Score:4.0647825935613%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epicatechin: 4.18mg, Epicatechin: 4.18mg, Epicatechin: 4.18mg, Epicatechin: 4.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 169.73kcal (8.49%), Fat: 0.26g (0.4%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 25.05g (8.35%), Net Carbohydrates: 24.66g (8.97%), Sugar: 20.97g (23.29%), Cholesterol: 0mg (0%), Sodium: 18.04mg (0.78%), Alcohol: 9.88g (100%), Alcohol %: 2.65% (100%), Protein: 0.52g (1.05%), Manganese: 0.52mg (25.9%), Vitamin C: 12.42mg (15.05%), Copper: 0.13mg (6.61%), Potassium: 228.28mg (6.52%), Vitamin B6: 0.12mg (6.02%), Vitamin B1: 0.07mg (4.97%), Magnesium: 19.22mg (4.81%), Folate: 16.26µg (4.07%), Calcium: 28.09mg (2.81%), Iron: 0.47mg (2.6%), Vitamin E: 0.38mg (2.54%), Vitamin B2: 0.04mg (2.37%), Phosphorus: 18.33mg (1.83%), Vitamin K: 1.77µg (1.69%), Fiber: 0.38g (1.54%), Vitamin B3: 0.27mg (1.36%), Zinc: 0.18mg (1.2%)