

# Calypso Cooler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



249 kcal

BEVERAGE

DRINK

## Ingredients

- 1 fluid ounce coconut-flavored rum
- 0.5 fluid ounce grenadine syrup
- 2 maraschino cherries
- 1 cranberry-orange relish
- 7 fluid ounces orange juice
- 0.5 fluid ounce peach schnapps

## Equipment

# Directions

- Pour the rum, schnapps, and orange juice into a cocktail shaker over ice. Cover, and shake until the outside of the shaker has frosted.
- Pour into a chilled glass, pour in the grenadine syrup, and garnish with the orange slice and maraschino cherries to serve.

# Nutrition Facts



**PROTEIN 4.61%** **FAT 2.27%** **CARBS 93.12%**

# Properties

Glycemic Index:194.5, Glycemic Load:26.1, Inflammation Score:-9, Nutrition Score:11.532608792834%

# Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 60.43mg, Hesperetin: 60.43mg, Hesperetin: 60.43mg, Hesperetin: 60.43mg Naringenin: 24.5mg, Naringenin: 24.5mg, Naringenin: 24.5mg, Naringenin: 24.5mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

# Nutrients (% of daily need)

Calories: 248.84kcal (12.44%), Fat: 0.59g (0.91%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 54.57g (18.19%), Net Carbohydrates: 50.69g (18.43%), Sugar: 43.83g (48.7%), Cholesterol: 0mg (0%), Sodium: 6.46mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin C: 173.19mg (209.92%), Folate: 101.4µg (25.35%), Vitamin B1: 0.3mg (20.02%), Potassium: 657.33mg (18.78%), Fiber: 3.88g (15.51%), Vitamin A: 713.23IU (14.26%), Magnesium: 36.86mg (9.22%), Copper: 0.17mg (8.41%), Calcium: 81.46mg (8.15%), Vitamin B6: 0.16mg (8.09%), Vitamin B5: 0.73mg (7.26%), Vitamin B2: 0.12mg (6.82%), Vitamin B3: 1.2mg (5.99%), Phosphorus: 54.42mg (5.44%), Iron: 0.6mg (3.31%), Manganese: 0.06mg (3.15%), Vitamin E: 0.32mg (2.16%), Zinc: 0.24mg (1.6%), Selenium: 0.97µg (1.39%)