

Caribbean Storm



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

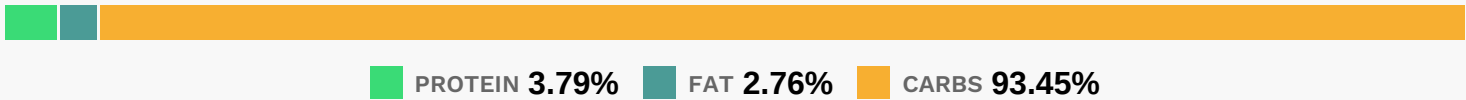
- ☐ 0.3 cup curaçao liqueur blue
- ☐ 0.8 cup apricot-mango nectar
- ☐ 0.1 teaspoon nutmeg freshly grated
- ☐ 2 cups orange juice fresh
- ☐ 0.3 cup rum white

Equipment

Directions

- ☐ Combine first 3 ingredients in a pitcher; chill. Fill 4 glasses with ice cubes; add 3/4 cup orange juice mixture. Slowly pour 1 tablespoon liqueur down inside of each glass (do not stir before serving).
- ☐ Sprinkle with nutmeg.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:6.59, Inflammation Score:-7, Nutrition Score:6.5513043623904%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 152.33kcal (7.62%), Fat: 0.3g (0.46%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 22.34g (8.12%), Sugar: 18.88g (20.97%), Cholesterol: 0mg (0%), Sodium: 3.75mg (0.16%), Alcohol: 9.44g (100%), Alcohol %: 5.96% (100%), Protein: 0.92g (1.85%), Vitamin C: 69.16mg (83.82%), Vitamin A: 573.74IU (11.47%), Folate: 40.54µg (10.14%), Vitamin B1: 0.11mg (7.61%), Potassium: 259.81mg (7.42%), Magnesium: 15.17mg (3.79%), Copper: 0.07mg (3.27%), Vitamin B6: 0.06mg (2.85%), Vitamin B5: 0.27mg (2.69%), Vitamin B3: 0.54mg (2.68%), Iron: 0.43mg (2.36%), Vitamin B2: 0.04mg (2.31%), Phosphorus: 22.75mg (2.28%), Calcium: 21.76mg (2.18%), Manganese: 0.04mg (1.75%), Fiber: 0.4g (1.61%)