



Channel Marker



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 fluid ounce rum dark
- ☐ 2 fluid ounces grapefruit juice
- ☐ 1 dash grenadine syrup
- ☐ 2 cups ice cubes
- ☐ 1 fluid ounce rum light
- ☐ 1.5 cups orange juice
- ☐ 2 fluid ounces pineapple juice
- ☐ 1 fluid ounce vodka

Equipment

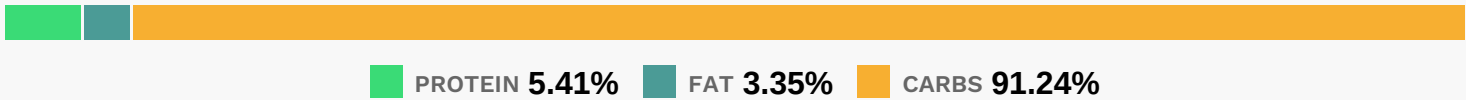
☐

blender

Directions

- ☐ Place ice cubes into a blender, and pour in the orange juice, grapefruit juice, pineapple juice, grenadine, light rum, dark rum, and vodka. Cover, and blend until smooth.
- ☐ Pour into tumblers to serve.

Nutrition Facts



Properties

Glycemic Index:145.5, Glycemic Load:13.48, Inflammation Score:-7, Nutrition Score:8.8952174601348%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 22.23mg, Hesperetin: 22.23mg, Hesperetin: 22.23mg, Hesperetin: 22.23mg Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 216.77kcal (10.84%), Fat: 0.44g (0.67%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 26.77g (8.92%), Net Carbohydrates: 26.31g (9.57%), Sugar: 22.06g (24.51%), Cholesterol: 0mg (0%), Sodium: 15.45mg (0.67%), Alcohol: 14.81g (100%), Alcohol %: 3.57% (100%), Protein: 1.59g (3.17%), Vitamin C: 103.91mg (125.95%), Folate: 61.71µg (15.43%), Potassium: 459.22mg (13.12%), Vitamin B1: 0.19mg (12.47%), Manganese: 0.18mg (9.02%), Vitamin A: 375.55IU (7.51%), Copper: 0.15mg (7.4%), Magnesium: 29.35mg (7.34%), Vitamin B6: 0.1mg (5.21%), Vitamin B3: 0.9mg (4.48%), Vitamin B5: 0.4mg (4%), Phosphorus: 39.18mg (3.92%), Vitamin B2: 0.06mg (3.78%), Calcium: 33.8mg (3.38%), Iron: 0.6mg (3.31%), Fiber: 0.46g (1.84%), Zinc: 0.19mg (1.27%)