



Cherry Pie in the Sky



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



343 kcal

DESSERT

Ingredients

- ☐ 1 cup cherry juice
- ☐ 1 cup club soda
- ☐ 0.3 cup graham crackers crushed
- ☐ 0.3 cup grenadine syrup
- ☐ 1 juice of lime juiced
- ☐ 1 slices lime for garnish
- ☐ 4 servings maraschino cherries for garnish
- ☐ 4 shots rum white

- ☐ 0.3 cup caster sugar
- ☐ 0.3 cup sugar

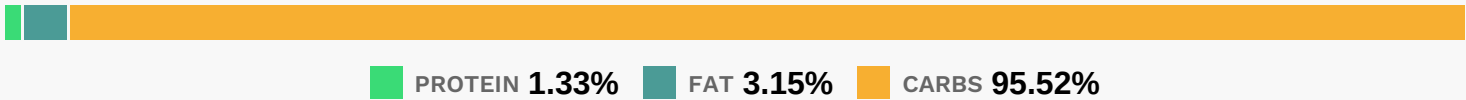
Equipment

- ☐ bowl

Directions

- ☐ In a bowl, mix together graham crackers and sugar. Moisten the rims of the glasses and coat with sugar mixture.
- ☐ In a large pitcher, add superfine sugar, cherry juice, grenadine, rum, club soda and lime juice. Stir.
- ☐ Pour over ice in the rimmed glasses with and garnish with lime and cherries.

Nutrition Facts



Properties

Glycemic Index:90.3, Glycemic Load:37.83, Inflammation Score:-1, Nutrition Score:1.3173912987113%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.43mg, Hesperetin: 1.43mg, Hesperetin: 1.43mg, Hesperetin: 1.43mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 342.67kcal (17.13%), Fat: 0.86g (1.33%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 58.93g (19.64%), Net Carbohydrates: 58.43g (21.25%), Sugar: 48.14g (53.49%), Cholesterol: 0mg (0%), Sodium: 73.26mg (3.19%), Alcohol: 14.82g (100%), Alcohol %: 8.04% (100%), Protein: 0.82g (1.64%), Iron: 0.75mg (4.17%), Potassium: 133.91mg (3.83%), Vitamin C: 2.76mg (3.34%), Fiber: 0.49g (1.98%), Calcium: 19.6mg (1.96%), Phosphorus: 19.24mg (1.92%), Zinc: 0.27mg (1.81%), Vitamin B2: 0.03mg (1.69%), Magnesium: 6.72mg (1.68%), Copper: 0.03mg (1.63%), Vitamin B3: 0.3mg (1.52%), Vitamin B1: 0.02mg (1.48%), Folate: 4.34µg (1.08%)