

Coconutty Grape



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

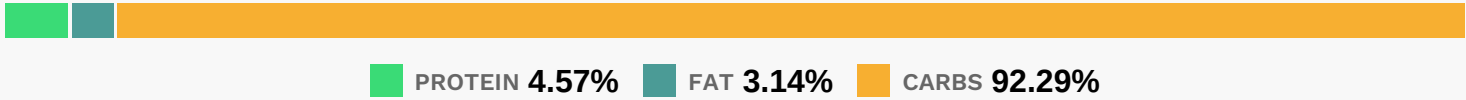
- ☐ 12 ounce coconut water chilled canned
- ☐ 2 cups grape juice chilled
- ☐ 4 servings ice cubes
- ☐ 1 juice of lime juiced
- ☐ 6 ounces rum white
- ☐ 2 cups seltzer water chilled

Equipment

Directions

- ☐ In a large pitcher, combine the grape juice, seltzer water, coconut water and lime juice.
- ☐ Pour into 4 ice-filled glasses. For a cocktail, add 1 1/2 ounces rum to each glass.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:1.22, Inflammation Score:-3, Nutrition Score:3.7056522090798%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Petunidin: 1.29mg, Petunidin: 1.29mg, Petunidin: 1.29mg, Petunidin: 1.29mg Delphinidin: 2.43mg, Delphinidin: 2.43mg, Delphinidin: 2.43mg, Delphinidin: 2.43mg Malvidin: 14.13mg, Malvidin: 14.13mg, Malvidin: 14.13mg, Malvidin: 14.13mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 1.34mg, Peonidin: 1.34mg, Peonidin: 1.34mg, Peonidin: 1.34mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 192.17kcal (9.61%), Fat: 0.34g (0.52%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 21.25g (7.73%), Sugar: 20.31g (22.57%), Cholesterol: 0mg (0%), Sodium: 123.84mg (5.38%), Alcohol: 14.2g (100%), Alcohol %: 4.13% (100%), Protein: 1.11g (2.22%), Manganese: 0.43mg (21.66%), Potassium: 356.17mg (10.18%), Magnesium: 36.26mg (9.06%), Vitamin C: 4.42mg (5.35%), Fiber: 1.22g (4.87%), Calcium: 42.97mg (4.3%), Copper: 0.08mg (4.19%), Vitamin B2: 0.07mg (4.13%), Phosphorus: 37.47mg (3.75%), Vitamin B6: 0.07mg (3.55%), Vitamin B1: 0.05mg (3.43%), Iron: 0.6mg (3.32%), Zinc: 0.32mg (2.14%), Vitamin B3: 0.25mg (1.26%), Selenium: 0.86µg (1.23%), Vitamin B5: 0.11mg (1.07%)