

## Comfortable Dawg

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

1

CALORIES

calories

221 kcal

BEVERAGE

DRINK

## Ingredients

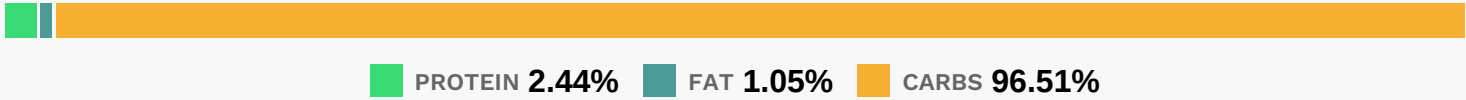
- ☐ 3 tablespoons 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 serving splash grenadine
- ☐ 1 serving garnishes: maraschino cherry
- ☐ 1 tablespoon melon liqueur
- ☐ 2 tablespoons pineapple juice
- ☐ 3 tablespoons southern comfort liqueur
- ☐ 1 tablespoon vodka

## Equipment

# Directions

- ☐ Combine first 6 ingredients in an ice-filled cocktail shaker.
- ☐ Pour into an old-fashioned glass; garnish, if desired.

# Nutrition Facts



# Properties

Glycemic Index:217, Glycemic Load:5.47, Inflammation Score:-3, Nutrition Score:1.8056521895139%

# Nutrients (% of daily need)

Calories: 221.23kcal (11.06%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 21.72g (7.24%), Net Carbohydrates: 21.46g (7.8%), Sugar: 16.3g (18.11%), Cholesterol: 0mg (0%), Sodium: 2.12mg (0.09%), Alcohol: 19.22g (100%), Alcohol %: 15.61% (100%), Protein: 0.55g (1.1%), Vitamin C: 7.18mg (8.71%), Manganese: 0.15mg (7.59%), Vitamin E: 0.55mg (3.66%), Copper: 0.05mg (2.72%), Vitamin B6: 0.05mg (2.68%), Vitamin K: 2.46µg (2.34%), Potassium: 75.13mg (2.15%), Magnesium: 6.54mg (1.63%), Vitamin B1: 0.02mg (1.48%), Folate: 5.85µg (1.46%), Iron: 0.23mg (1.27%), Fiber: 0.26g (1.06%), Calcium: 10.26mg (1.03%)