



## Bahama Breeze

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



51 kcal

BEVERAGE

DRINK

## Ingredients

- 0.5 fluid ounce apricots
- 0.5 fluid ounce banana liqueur
- 0.5 fluid ounce frangelico
- 1 fluid ounce rum dark
- 0.3 fluid ounce grenadine syrup
- 1 teaspoon honey
- 1 ice cubes
- 0.5 fluid ounce juice of lemon

- 1 fluid ounce orange juice
- 1 fluid ounce pineapple juice

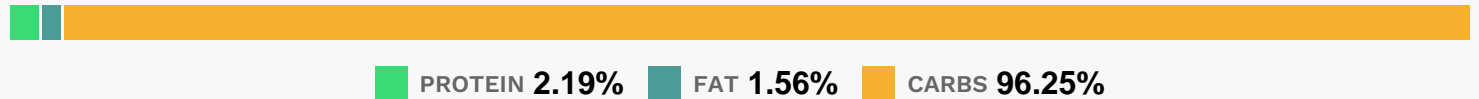
## Equipment

- blender

## Directions

- In a blender, combine dark rum, banana liqueur, apricot liqueur, coconut rum, grenadine, honey, lemon juice, orange juice, pineapple juice and 3 or 4 ice cubes. Blend until smooth.
- Pour into glasses with ice and serve.

## Nutrition Facts



## Properties

Glycemic Index:76.73, Glycemic Load:2.95, Inflammation Score:-1, Nutrition Score:0.87130435815324%

## Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 50.78kcal (2.54%), Fat: 0.05g (0.07%), Saturated Fat: 0g (0.03%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 6.4g (2.33%), Sugar: 5.53g (6.14%), Cholesterol: 0mg (0%), Sodium: 1.11mg (0.05%), Alcohol: 3.41g (100%), Alcohol %: 9.8% (100%), Protein: 0.15g (0.3%), Vitamin C: 6.24mg (7.57%), Manganese: 0.04mg (2.22%), Vitamin A: 86.57IU (1.73%), Folate: 4.66µg (1.16%), Potassium: 39.35mg (1.12%)