

Gina's Mai Tai

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

5 min.

SERVINGS

servings

2

CALORIES

calories

243 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 ounce rum dark
- ☐ 1 Dash grenadine syrup
- ☐ 2 servings ice cubes as needed
- ☐ 1 juice of lime
- ☐ 2 ounces rum light
- ☐ 2 servings maraschino cherries for serving
- ☐ 2 servings orange wheels for serving
- ☐ 0.3 cup orange juice

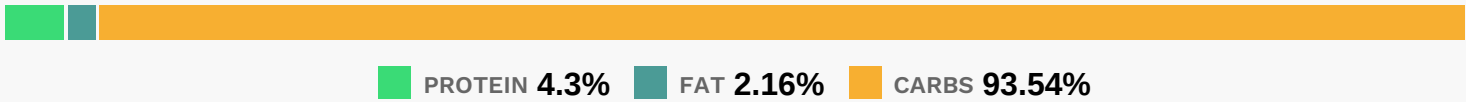
- ☐ 0.5 cup pineapple juice fresh
- ☐ 1 ounce triple sec

Equipment

Directions

- ☐ Fill a cocktail shaker 1/2 way with ice cubes.
- ☐ Add the pineapple juice, orange juice, light rum, dark rum, triple sec, lime juice, and grenadine and shake for 20 seconds.
- ☐ Strain drinks into 2 ice-filled glasses and garnish with maraschino cherries and an orange wheel.

Nutrition Facts



Properties

Glycemic Index:135.25, Glycemic Load:9.01, Inflammation Score:-7, Nutrition Score:8.5221738815308%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 29.58mg, Hesperetin: 29.58mg, Hesperetin: 29.58mg, Hesperetin: 29.58mg Naringenin: 14.51mg, Naringenin: 14.51mg, Naringenin: 14.51mg, Naringenin: 14.51mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 242.75kcal (12.14%), Fat: 0.3g (0.47%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 29.7g (9.9%), Net Carbohydrates: 27.14g (9.87%), Sugar: 23.9g (26.55%), Cholesterol: 0mg (0%), Sodium: 6.48mg (0.28%), Alcohol: 17.89g (100%), Alcohol %: 7.24% (100%), Caffeine: 3.69mg (1.23%), Protein: 1.36g (2.73%), Vitamin C: 73.78mg (89.43%), Manganese: 0.34mg (16.88%), Folate: 48.42µg (12.1%), Fiber: 2.56g (10.24%), Vitamin B1: 0.15mg (9.82%), Potassium: 325.44mg (9.3%), Vitamin B6: 0.13mg (6.59%), Copper: 0.13mg (6.49%), Vitamin A: 277.2IU (5.54%), Magnesium: 21.9mg (5.47%), Calcium: 53.73mg (5.37%), Vitamin B2: 0.06mg (3.73%), Vitamin B5: 0.34mg (3.38%), Phosphorus: 27.41mg (2.74%), Vitamin B3: 0.54mg (2.71%), Iron: 0.4mg (2.2%), Vitamin E: 0.22mg (1.48%), Zinc: 0.2mg (1.31%)