



Goombay Smash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



388 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

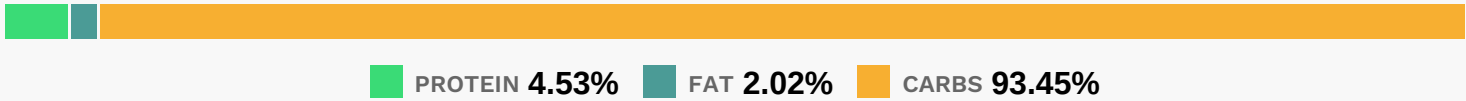
- ☐ 0.7 cup apricot brandy
- ☐ 8 servings garnishes: cherries sliced
- ☐ 1.3 cups malibu coconut rum
- ☐ 1 cup rum dark
- ☐ 1.3 cups rum dark
- ☐ 46 ounce pineapple juice canned

Equipment

Directions

- ☐ Combine first 4 ingredients in a 1-gallon container. To serve, pour about 1 1/2 cups pineapple juice mixture over ice in tall glasses. Top each serving with 2 tablespoons dark rum.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:4.28, Inflammation Score:-7, Nutrition Score:6.8921739562698%

Flavonoids

Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 388.13kcal (19.41%), Fat: 0.46g (0.71%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 47.76g (15.92%), Net Carbohydrates: 42.71g (15.53%), Sugar: 41.17g (45.74%), Cholesterol: 0mg (0%), Sodium: 2.51mg (0.11%), Alcohol: 29.23g (100%), Alcohol %: 8.65% (100%), Protein: 2.32g (4.63%), Vitamin C: 25.12mg (30.45%), Fiber: 5.06g (20.24%), Potassium: 514.68mg (14.71%), Vitamin B1: 0.21mg (13.95%), Copper: 0.28mg (13.84%), Magnesium: 39.85mg (9.96%), Vitamin B6: 0.19mg (9.59%), Manganese: 0.11mg (5.69%), Iron: 1mg (5.53%), Vitamin B2: 0.08mg (4.94%), Phosphorus: 44.31mg (4.43%), Calcium: 44.28mg (4.43%), Vitamin K: 4.08µg (3.89%), Vitamin B3: 0.69mg (3.45%), Folate: 13.75µg (3.44%), Vitamin A: 171.1IU (3.42%), Vitamin B5: 0.28mg (2.79%), Zinc: 0.3mg (1.97%)