



Grilled Pineapple Daiquiri

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



35 min.

SERVINGS



6

CALORIES



289 kcal

BEVERAGE

DRINK

Ingredients

- 3 ounces creole seasoning
- 6 servings ice cubes
- 3 ounces juice of lime freshly squeezed (from 3 medium limes)
- 6 cranberry-orange relish for serving
- 3 pounds pineapple
- 6 ounces rum white

Equipment

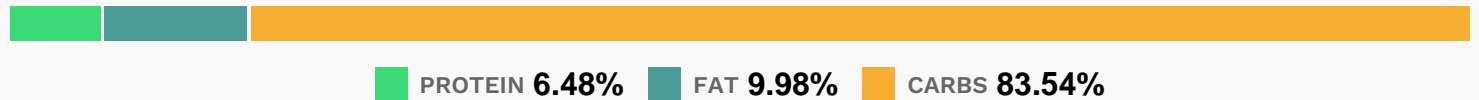
- sieve

- grill
- grill pan

Directions

- Heat a grill pan or outdoor grill to medium-high (about 375°F to 425°F). Meanwhile, peel the pineapple and cut it in half lengthwise.
- Cut the two halves crosswise into 18 (1/2-inch-thick) pieces; you may have a few extra pieces—save them for another use.
- Place the pineapple on the grill and cook uncovered until grill marks appear and the pineapple is slightly softened and charred, about 4 minutes per side.
- Remove to a large dish and let cool for at least 15 minutes.
- Place 3 of the grilled pineapple pieces in a cocktail shaker and muddle gently.
- Add 1 ounce of the rum, 1/2 ounce of the Créole Shrub, and 1/2 ounce of the lime juice and stir to combine. Fill the shaker halfway with ice and shake vigorously until the outside of the shaker is frosty.
- Place a small, fine-mesh strainer over a cocktail glass, fit a standard cocktail strainer over the shaker, and pour the cocktail through both strainers into the glass.
- Garnish with an orange twist and serve immediately. Repeat to make 5 more drinks.

Nutrition Facts



Properties

Glycemic Index:24.69, Glycemic Load:22.14, Inflammation Score:-10, Nutrition Score:25.962608606919%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 36.97mg, Hesperetin: 36.97mg, Hesperetin: 36.97mg, Hesperetin: 36.97mg Naringenin: 20.12mg, Naringenin: 20.12mg, Naringenin: 20.12mg, Naringenin: 20.12mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 289.07kcal (14.45%), Fat: 2.89g (4.44%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 54.39g (18.13%), Net Carbohydrates: 44.16g (16.06%), Sugar: 36.29g (40.33%), Cholesterol: 0mg (0%), Sodium: 9.89mg (0.43%), Alcohol: 9.47g (100%), Alcohol %: 2.55% (100%), Protein: 4.22g (8.44%), Vitamin C: 193.18mg (234.16%), Vitamin A: 6331.5IU (126.63%), Manganese: 2.43mg (121.32%), Fiber: 10.23g (40.93%), Vitamin B6: 0.69mg (34.28%), Vitamin E: 4.54mg (30.27%), Folate: 96.57µg (24.14%), Vitamin B1: 0.34mg (22.99%), Potassium: 786.95mg (22.48%), Copper: 0.38mg (19%), Magnesium: 63.56mg (15.89%), Vitamin B2: 0.26mg (15.21%), Vitamin B3: 2.76mg (13.8%), Vitamin K: 13.06µg (12.43%), Iron: 1.92mg (10.66%), Calcium: 106.53mg (10.65%), Vitamin B5: 0.83mg (8.28%), Phosphorus: 81.13mg (8.11%), Zinc: 0.74mg (4.96%), Selenium: 2.14µg (3.06%)