



Guava-Lime Coolers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



215 kcal

BEVERAGE

DRINK

Ingredients

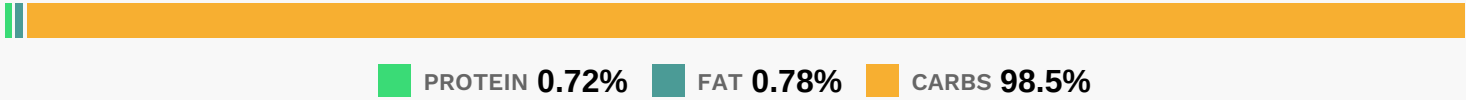
- ☐ 0.3 cup pomegranate (pomegranate-flavored syrup)
- ☐ 1 slices guava fresh
- ☐ 7 cups guava blend juice
- ☐ 12 servings ice cubes
- ☐ 0.7 cup juice of lime fresh
- ☐ 3 cups rum light white ()

Equipment

Directions

- ☐ In a large pitcher, mix guava juice, rum, lime juice, and grenadine.
- ☐ Pour over ice in cocktail glasses and garnish with slices of lime or guava.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:2.9230435190965%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 214.94kcal (10.75%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 17.88g (6.5%), Sugar: 16.4g (18.22%), Cholesterol: 0mg (0%), Sodium: 9.6mg (0.42%), Alcohol: 20.04g (100%), Alcohol %: 9.33% (100%), Protein: 0.14g (0.28%), Vitamin C: 39.14mg (47.45%), Fiber: 1.4g (5.59%), Potassium: 172.08mg (4.92%), Copper: 0.03mg (1.66%)