



Hawaiian Hurricane



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



332 kcal

BEVERAGE

DRINK

Ingredients

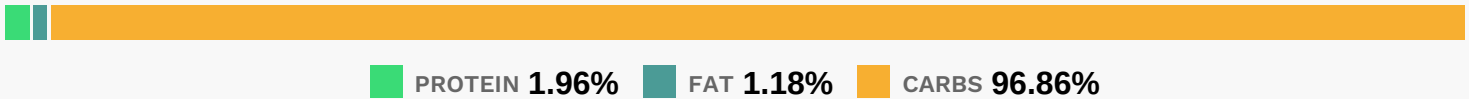
- ☐ 2 ounces guava blend juice
- ☐ 1 serving ice cubes
- ☐ 2 ounces orange juice
- ☐ 1 serving pineapple spear for garnish
- ☐ 2 ounces pineapple juice
- ☐ 2 ounces rum black such as captain morgan's
- ☐ 1 ounce simple syrup glaze

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large glass with ice, stir together the guava juice, orange juice, pineapple juice, rums and simple syrup.
- ☐ Pour into a hurricane glass.
- ☐ Garnish with a pineapple spear.

Nutrition Facts



Properties

Glycemic Index:171.67, Glycemic Load:11.97, Inflammation Score:-6, Nutrition Score:10.906956513291%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 6.78mg, Hesperetin: 6.78mg, Hesperetin: 6.78mg, Hesperetin: 6.78mg Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 332.4kcal (16.62%), Fat: 0.28g (0.43%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 51.82g (17.27%), Net Carbohydrates: 49.97g (18.17%), Sugar: 45.68g (50.75%), Cholesterol: 0mg (0%), Sodium: 24.72mg (1.07%), Alcohol: 18.94g (100%), Alcohol %: 6.1% (100%), Protein: 1.05g (2.09%), Vitamin C: 87.63mg (106.22%), Manganese: 1.07mg (53.43%), Vitamin B1: 0.19mg (12.62%), Folate: 42.07µg (10.52%), Potassium: 354.99mg (10.14%), Copper: 0.18mg (9.07%), Iron: 1.57mg (8.73%), Vitamin B6: 0.17mg (8.62%), Fiber: 1.85g (7.41%), Magnesium: 26.34mg (6.58%), Vitamin B2: 0.07mg (4.39%), Vitamin B3: 0.79mg (3.94%), Vitamin A: 164.08IU (3.28%), Vitamin B5: 0.32mg (3.15%), Calcium: 29.7mg (2.97%), Phosphorus: 25.31mg (2.53%), Zinc: 0.27mg (1.81%)