



Hula Girl Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



3 min.

SERVINGS



8

CALORIES



155 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups club soda
- ☐ 24 ounce guava nectar juice canned
- ☐ 4 cups ice cubes
- ☐ 12 ounce pineapple juice canned
- ☐ 1 cup rum white
- ☐ 16 ounce strawberries frozen

Equipment

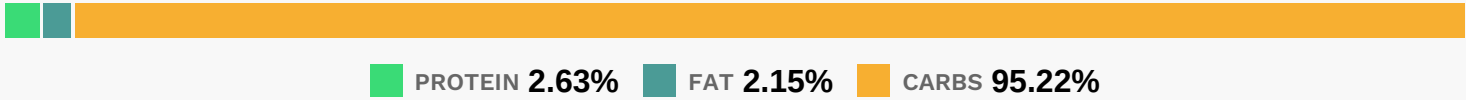
- ☐ bowl

Directions

- ☐
- Add ice, pineapple juice, guava nectar juice, seltzer water and frozen strawberries to a punch bowl.

☐☐

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:1.29, Inflammation Score:-4, Nutrition Score:5.7743477743605%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 155.48kcal (7.77%), Fat: 0.22g (0.33%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 19.21g (6.99%), Sugar: 18.4g (20.45%), Cholesterol: 0mg (0%), Sodium: 20.09mg (0.87%), Alcohol: 10.02g (100%), Alcohol %: 3.37% (100%), Protein: 0.6g (1.19%), Vitamin C: 58.6mg (71.03%), Manganese: 0.22mg (11.24%), Fiber: 2.39g (9.57%), Potassium: 229.42mg (6.55%), Copper: 0.1mg (5.03%), Folate: 15.73µg (3.93%), Vitamin B1: 0.06mg (3.92%), Magnesium: 15.38mg (3.84%), Vitamin B6: 0.06mg (2.94%), Calcium: 21.64mg (2.16%), Iron: 0.37mg (2.04%), Phosphorus: 17.78mg (1.78%), Vitamin B3: 0.34mg (1.72%), Vitamin K: 1.54µg (1.47%), Vitamin B2: 0.02mg (1.33%), Zinc: 0.19mg (1.27%), Vitamin E: 0.17mg (1.15%)