

Hurricane

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

15 min.

SERVINGS

servings

2

CALORIES

calories

189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

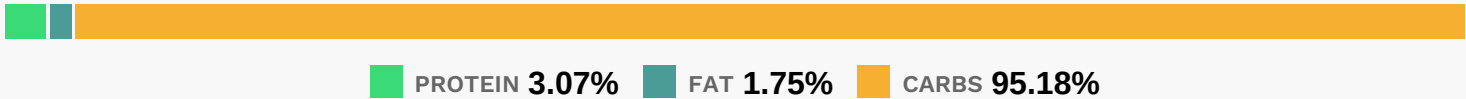
- ☐ 4 ounces rum dark
- ☐ 0.5 ounce grenadine syrup
- ☐ 2 servings ice cubes crushed
- ☐ 1 ounce squeezed lemon juice fresh
- ☐ 2 ounces orange juice fresh for garnish
- ☐ 3 ounces pineapple juice

Equipment

Directions

- ☐ Fill 2 hurricane glasses with crushed ice.
- ☐ Mix all of the remaining ingredients in a shaker and pour into the glasses.
- ☐ Garnish each glass with an orange slice.

Nutrition Facts



Properties

Glycemic Index:101.75, Glycemic Load:8.35, Inflammation Score:-4, Nutrition Score:3.3104347881416%

Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 9.78mg, Hesperetin: 9.78mg, Hesperetin: 9.78mg, Hesperetin: 9.78mg Naringenin: 4.54mg, Naringenin: 4.54mg, Naringenin: 4.54mg, Naringenin: 4.54mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 188.95kcal (9.45%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 14.54g (4.85%), Net Carbohydrates: 13.73g (4.99%), Sugar: 10.55g (11.72%), Cholesterol: 0mg (0%), Sodium: 3.52mg (0.15%), Alcohol: 18.94g (100%), Alcohol %: 16.02% (100%), Protein: 0.47g (0.94%), Vitamin C: 24.82mg (30.08%), Manganese: 0.23mg (11.67%), Folate: 18.99µg (4.75%), Vitamin B1: 0.06mg (3.74%), Potassium: 124.31mg (3.55%), Vitamin B6: 0.07mg (3.33%), Fiber: 0.81g (3.23%), Copper: 0.06mg (2.91%), Magnesium: 9.08mg (2.27%), Calcium: 18.17mg (1.82%), Vitamin B2: 0.03mg (1.49%), Vitamin A: 66.76IU (1.34%), Vitamin B5: 0.11mg (1.13%), Phosphorus: 11.06mg (1.11%), Iron: 0.2mg (1.1%)