



Hurricane



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

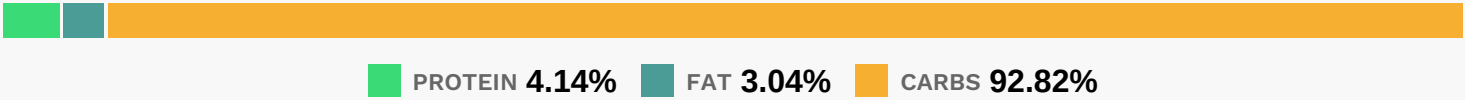
- ☐ 1 ounce rum dark
- ☐ 1 serving ice cubes
- ☐ 0.5 juice of lime
- ☐ 1 ounce rum light
- ☐ 1 tablespoon passion fruit rum
- ☐ 1 teaspoon caster sugar to taste

Equipment

Directions

- ☐ Mix all ingredients except ice in shaker. Stir to dissolve sugar.
- ☐ Add ice cubes, shake well, and strain mixture into a cocktail glass.

Nutrition Facts



Properties

Glycemic Index:130.09, Glycemic Load:3.37, Inflammation Score:-4, Nutrition Score:1.6082608628532%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 164.47kcal (8.22%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 7.11g (2.59%), Sugar: 5.9g (6.56%), Cholesterol: 0mg (0%), Sodium: 7.85mg (0.34%), Alcohol: 18.94g (100%), Alcohol %: 16.39% (100%), Protein: 0.39g (0.78%), Vitamin C: 8.94mg (10.83%), Fiber: 1.6g (6.39%), Vitamin A: 195.59IU (3.91%), Potassium: 70.22mg (2.01%), Copper: 0.04mg (1.9%), Iron: 0.27mg (1.53%), Magnesium: 6.05mg (1.51%), Vitamin B2: 0.02mg (1.44%), Phosphorus: 14.42mg (1.44%), Vitamin B3: 0.25mg (1.25%), Vitamin B6: 0.02mg (1.05%)