



Hurricane Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



158 kcal

BEVERAGE

DRINK

Ingredients



1 fluid ounce rum dark



1 cup ice cubes



1 fluid ounce rum light



2 tablespoons juice of lime



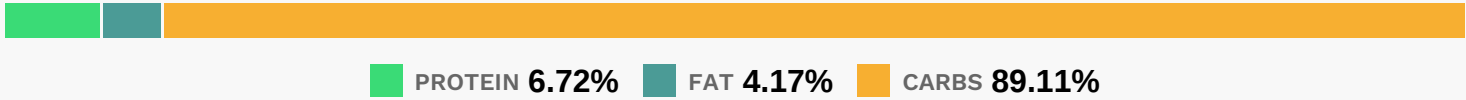
1 tablespoon passion fruit syrup flavored

Equipment

Directions

- ☐ Combine dark rum, light rum, passion fruit syrup, and lime juice in a cocktail shaker.
- ☐ Add ice, cover and shake until chilled. Strain into a chilled cocktail glass.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:0.58, Inflammation Score:-4, Nutrition Score:2.119565255616%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 158.46kcal (7.92%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 4.33g (1.57%), Sugar: 2.16g (2.4%), Cholesterol: 0mg (0%), Sodium: 17.16mg (0.75%), Alcohol: 19.75g (100%), Alcohol %: 7.35% (100%), Protein: 0.45g (0.9%), Vitamin C: 13.44mg (16.29%), Fiber: 1.66g (6.63%), Vitamin A: 203.09IU (4.06%), Copper: 0.07mg (3.55%), Potassium: 87.74mg (2.51%), Magnesium: 9.05mg (2.26%), Phosphorus: 16.62mg (1.66%), Iron: 0.29mg (1.6%), Vitamin B2: 0.03mg (1.53%), Vitamin B3: 0.27mg (1.36%), Vitamin B6: 0.03mg (1.34%), Calcium: 13.07mg (1.31%), Folate: 5.07µg (1.27%)