



Hurricane I

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



3 min.

SERVINGS



1

CALORIES



521 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 fluid ounce jigger amaretto liqueur
- 1 fluid ounce rum dark
- 1 dash grenadine syrup
- 1 teaspoon juice of lemon
- 1 fluid ounce rum light
- 1 maraschino cherry
- 1 cranberry-orange relish sliced into rounds
- 6 fluid ounces orange juice

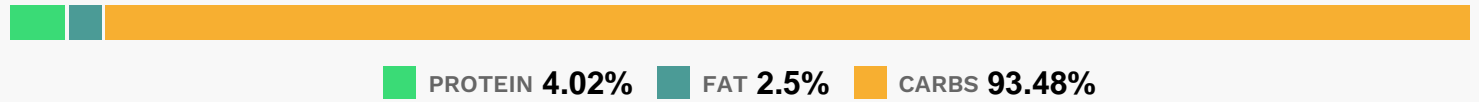
6 fluid ounces pineapple juice

Equipment

Directions

- Fill a 16 ounce glass with ice.
- Pour in amaretto, light rum and dark rum.
- Pour in orange juice, pineapple juice, and lemon juice. Stir, then top with a dash of grenadine and garnish with an orange slice and a cherry.

Nutrition Facts



Properties

Glycemic Index:270.5, Glycemic Load:25.65, Inflammation Score:-9, Nutrition Score:15.604348011639%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 57.62mg, Hesperetin: 57.62mg, Hesperetin: 57.62mg, Hesperetin: 57.62mg Naringenin: 23.93mg, Naringenin: 23.93mg, Naringenin: 23.93mg, Naringenin: 23.93mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 520.7kcal (26.03%), Fat: 0.88g (1.35%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 74.14g (24.71%), Net Carbohydrates: 70.11g (25.5%), Sugar: 61.67g (68.52%), Cholesterol: 0mg (0%), Sodium: 9.98mg (0.43%), Alcohol: 31.29g (100%), Alcohol %: 6.6% (100%), Caffeine: 11.53mg (3.84%), Protein: 3.18g (6.37%), Vitamin C: 178.08mg (215.85%), Manganese: 0.97mg (48.56%), Folate: 125.46µg (31.37%), Vitamin B1: 0.38mg (25.54%), Potassium: 843.57mg (24.1%), Vitamin B6: 0.33mg (16.51%), Fiber: 4.03g (16.11%), Copper: 0.3mg (14.89%), Magnesium: 55.78mg (13.94%), Vitamin A: 661.01IU (13.22%), Calcium: 98.48mg (9.85%), Vitamin B2: 0.15mg (8.91%), Vitamin B5: 0.77mg (7.73%), Vitamin B3: 1.51mg (7.54%), Phosphorus: 68.31mg (6.83%), Iron: 1.11mg (6.18%), Zinc: 0.43mg (2.86%), Vitamin E: 0.35mg (2.35%), Selenium: 1.16µg (1.66%)