

Island Breeze



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



116 kcal

BEVERAGE

DRINK

Ingredients



0.3 teaspoon grenadine syrup



1 serving mint sprig



2 tablespoons pineapple ginger mint shrub



3 tablespoons vodka



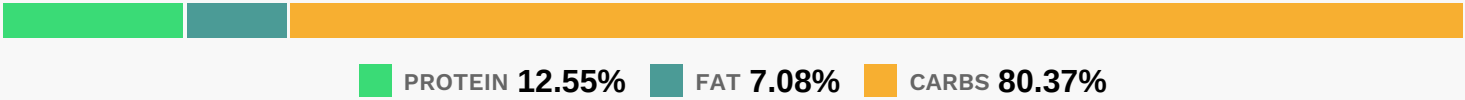
6 tablespoons tonic water such as q tonic

Equipment

Directions

☐ In a cocktail shaker, shake shrub, vodka, and grenadine with ice. Strain into a chilled rocks glass, top with tonic water, and garnish with the mint sprig.

Nutrition Facts



Properties

Glycemic Index:115, Glycemic Load:1, Inflammation Score:-5, Nutrition Score:2.0186956554813%

Flavonoids

Eriodictyol: 3.4mg, Eriodictyol: 3.4mg, Eriodictyol: 3.4mg, Eriodictyol: 3.4mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg

Nutrients (% of daily need)

Calories: 115.67kcal (5.78%), Fat: 0.1g (0.16%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 1.76g (0.64%), Sugar: 0.7g (0.78%), Cholesterol: 0mg (0%), Sodium: 8.77mg (0.38%), Alcohol: 15.03g (100%), Alcohol %: 12.91% (100%), Protein: 0.41g (0.82%), Vitamin A: 467.28IU (9.35%), Manganese: 0.13mg (6.47%), Vitamin C: 3.5mg (4.24%), Fiber: 0.88g (3.52%), Iron: 0.56mg (3.13%), Folate: 12.54µg (3.13%), Calcium: 29.52mg (2.95%), Copper: 0.06mg (2.77%), Magnesium: 9.76mg (2.44%), Vitamin B2: 0.03mg (1.92%), Potassium: 63.46mg (1.81%), Phosphorus: 10.34mg (1.03%)