



## Jazz Fest

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



426 kcal

BEVERAGE

DRINK

## Ingredients

- 1 shot malibu coconut rum (recommended: Malibu)
- 1 shot grenadine syrup red
- 1 serving maraschino cherry for garnish
- 2 shots pine-orange-passion fruit juice
- 0.5 shot rum high-proof (recommended: Bacardi 151)
- 1 shot silver rum (recommended: Bacardi)
- 1 shot spiced rum (recommended: Captain Morgan's)

## Equipment

## Directions

Into a hurricane glass with ice, combine all the ingredients. Stir and garnish with a cherry.

## Nutrition Facts

**PROTEIN 0.81%** **FAT 0.28%** **CARBS 98.91%**

## Properties

Glycemic Index:145, Glycemic Load:29.68, Inflammation Score:-7, Nutrition Score:3.8269565137022%

## Nutrients (% of daily need)

Calories: 426.48kcal (21.32%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 43.85g (14.62%), Net Carbohydrates: 43.51g (15.82%), Sugar: 34.48g (38.31%), Cholesterol: 0mg (0%), Sodium: 18.6mg (0.81%), Alcohol: 36.74g (100%), Alcohol %: 15.94% (100%), Protein: 0.36g (0.71%), Vitamin C: 26.44mg (32.05%), Vitamin A: 638.38IU (12.77%), Potassium: 262.31mg (7.49%), Vitamin B2: 0.13mg (7.36%), Vitamin B3: 1.31mg (6.55%), Copper: 0.09mg (4.44%), Magnesium: 17.06mg (4.26%), Vitamin B6: 0.05mg (2.29%), Phosphorus: 17.86mg (1.79%), Iron: 0.3mg (1.67%), Folate: 6.21µg (1.55%), Fiber: 0.34g (1.35%), Zinc: 0.16mg (1.06%), Manganese: 0.02mg (1.02%)