

# Liquid Valium

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



218 kcal

BEVERAGE

DRINK

## Ingredients

- 3 fluid ounces malibu coconut rum
- 2 fluid ounces 1/4 cup dried cranberry (juice sweetened if possible)
- 2 cups ice cubes
- 2 fluid ounces orange juice
- 3 fluid ounces peach schnapps
- 1 cup irish whiskey crown royal® (preferably )

## Equipment

- blender

## Directions

- ☐ Fill four glasses halfway full with ice. In a cocktail mixer full of ice, combine whiskey, peach schnapps, coconut rum, orange juice and cranberry juice. Shake vigorously and strain into glasses.

## Nutrition Facts



## Properties

Glycemic Index:30.75, Glycemic Load:1.79, Inflammation Score:-4, Nutrition Score:1.0621739175657%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 217.95kcal (10.9%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0.03%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 8.59g (3.12%), Sugar: 8.24g (9.15%), Cholesterol: 0mg (0%), Sodium: 6.36mg (0.28%), Alcohol: 21.24g (100%), Alcohol %: 10.72% (100%), Protein: 0.16g (0.32%), Vitamin C: 8.77mg (10.63%), Copper: 0.04mg (2.09%), Vitamin B1: 0.02mg (1.29%), Vitamin E: 0.18mg (1.22%), Potassium: 41.54mg (1.19%), Folate: 4.58µg (1.15%)