



Mai Tai II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



3 min.

SERVINGS



1

CALORIES



249 kcal

BEVERAGE

DRINK

Ingredients

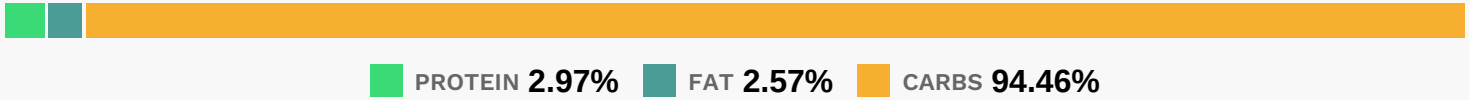
- ☐ 1 fluid ounce amaretto
- ☐ 1 fluid ounce rum dark
- ☐ 1 dash grenadine syrup
- ☐ 3 fluid ounces orange juice
- ☐ 3 fluid ounces pineapple juice

Equipment

Directions

- ☐ Fill a 12 ounce glass with ice cubes.
- ☐ Pour in rum and amaretto. Fill remainder of glass with half orange juice and half pineapple juice.
- ☐ Add a splash of grenadine for color.

Nutrition Facts



Properties

Glycemic Index:213, Glycemic Load:10.54, Inflammation Score:-6, Nutrition Score:6.7973911373512%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 10.6mg, Hesperetin: 10.6mg, Hesperetin: 10.6mg, Hesperetin: 10.6mg Naringenin: 1.9mg, Naringenin: 1.9mg, Naringenin: 1.9mg, Naringenin: 1.9mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 249kcal (12.45%), Fat: 0.37g (0.57%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 30.83g (10.28%), Net Carbohydrates: 30.48g (11.08%), Sugar: 26.29g (29.21%), Cholesterol: 0mg (0%), Sodium: 5.59mg (0.24%), Alcohol: 17.56g (100%), Alcohol %: 9.37% (100%), Caffeine: 7.69mg (2.56%), Protein: 0.97g (1.94%), Vitamin C: 53.23mg (64.52%), Manganese: 0.47mg (23.49%), Folate: 42.58µg (10.65%), Vitamin B1: 0.13mg (8.95%), Potassium: 302.49mg (8.64%), Vitamin B6: 0.12mg (6.22%), Copper: 0.12mg (5.93%), Magnesium: 21.33mg (5.33%), Vitamin A: 181.86IU (3.64%), Vitamin B2: 0.05mg (2.95%), Vitamin B3: 0.58mg (2.89%), Iron: 0.48mg (2.68%), Phosphorus: 25.17mg (2.52%), Vitamin B5: 0.22mg (2.18%), Calcium: 21.65mg (2.16%), Fiber: 0.35g (1.42%), Zinc: 0.16mg (1.09%)