

Malibu Bay Breeze

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



70 kcal

BEVERAGE

DRINK

Ingredients

- 3 fluid ounce frangelico flavored
- 1 tablespoon 1/4 cup dried cranberry (juice sweetened if possible)
- 4 fluid ounces pineapple juice

Equipment

Directions

- In a tall glass filled with ice, combine coconut rum, pineapple juice and cranberry juice.

Nutrition Facts

PROTEIN 2.71% FAT 2.03% CARBS 95.26%

Properties

Glycemic Index:102, Glycemic Load:7.91, Inflammation Score:-4, Nutrition Score:3.8508695623149%

Nutrients (% of daily need)

Calories: 69.59kcal (3.48%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 16.8g (6.11%), Sugar: 13.62g (15.13%), Cholesterol: 0mg (0%), Sodium: 2.67mg (0.12%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.48g (0.97%), Manganese: 0.6mg (29.81%), Vitamin C: 13.22mg (16.03%), Vitamin B6: 0.13mg (6.3%), Folate: 21.44µg (5.36%), Potassium: 165.31mg (4.72%), Vitamin B1: 0.07mg (4.66%), Copper: 0.09mg (4.49%), Magnesium: 15.09mg (3.77%), Iron: 0.4mg (2.25%), Calcium: 16.58mg (1.66%), Vitamin B2: 0.03mg (1.62%), Vitamin E: 0.2mg (1.36%), Vitamin B3: 0.25mg (1.25%), Phosphorus: 11.41mg (1.14%), Vitamin K: 1.12µg (1.07%), Fiber: 0.25g (1.01%)