



Matatuck Mystery Cocktail

READY IN



10 min.

SERVINGS



2

CALORIES



154 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 ounces malibu coconut rum
- ☐ 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 2 ounces rum dark
- ☐ 2 servings ice cubes
- ☐ 1 lime halved
- ☐ 1 cranberry-orange relish halved
- ☐ 0.5 cup orange juice

Equipment

Directions

☐ Fill 2 glasses with ice and pour 1 ounce of each rum and 1/4 cup of each fruit juice into the glasses. Stir and garnish each glass with half an orange slice and lime slice.

Nutrition Facts



PROTEIN 5.45% **FAT 2.71%** **CARBS 91.84%**

Properties

Glycemic Index:98.75, Glycemic Load:10.28, Inflammation Score:-6, Nutrition Score:7.5326087086097%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 26.76mg, Hesperetin: 26.76mg, Hesperetin: 26.76mg, Hesperetin: 26.76mg Naringenin: 11.48mg, Naringenin: 11.48mg, Naringenin: 11.48mg, Naringenin: 11.48mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 154.32kcal (7.72%), Fat: 0.29g (0.45%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 22.26g (7.42%), Net Carbohydrates: 20.4g (7.42%), Sugar: 19.04g (21.16%), Cholesterol: 0mg (0%), Sodium: 5.04mg (0.22%), Alcohol: 9.47g (100%), Alcohol %: 3.91% (100%), Protein: 1.32g (2.64%), Vitamin C: 72.75mg (88.18%), Folate: 39.16µg (9.79%), Potassium: 295.39mg (8.44%), Vitamin B1: 0.12mg (8.08%), Fiber: 1.86g (7.43%), Vitamin E: 0.91mg (6.06%), Vitamin A: 301.59IU (6.03%), Copper: 0.11mg (5.44%), Vitamin B6: 0.1mg (4.94%), Magnesium: 17.93mg (4.48%), Calcium: 40.92mg (4.09%), Vitamin B2: 0.06mg (3.41%), Vitamin K: 3.31µg (3.15%), Phosphorus: 29.7mg (2.97%), Vitamin B5: 0.29mg (2.89%), Vitamin B3: 0.5mg (2.5%), Iron: 0.38mg (2.11%), Manganese: 0.03mg (1.52%), Zinc: 0.16mg (1.07%)