



Maui Martini

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



718 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 fluid ounce jigger banana liqueur
- 3 fluid ounce jiggers coconut rum flavored
- 1 serving ice cubes
- 1 pineapple spear fresh for garnish
- 1.5 fluid ounce jigger best-quality vodka

Equipment

Directions

Measure the vodka, coconut rum and banana liqueur into a cocktail shaker and add a scoop of ice cubes. Cover and shake until the outside is frosty, about 30 seconds. Strain into a martini glass and garnish with a fresh pineapple spear or pineapple ring.

Nutrition Facts

 **PROTEIN 3.41%**  **FAT 1.71%**  **CARBS 94.88%**

Properties

Glycemic Index:73.67, Glycemic Load:62.12, Inflammation Score:-10, Nutrition Score:26.750434916952%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 718.12kcal (35.91%), Fat: 1.09g (1.67%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 135.98g (45.33%), Net Carbohydrates: 123.31g (44.84%), Sugar: 106.41g (118.23%), Cholesterol: 0mg (0%), Sodium: 12.29mg (0.53%), Alcohol: 26.06g (100%), Alcohol %: 2.9% (100%), Protein: 4.89g (9.77%), Vitamin C: 432.59mg (524.35%), Manganese: 8.39mg (419.47%), Fiber: 12.67g (50.68%), Vitamin B6: 1.01mg (50.68%), Copper: 1.01mg (50.44%), Vitamin B1: 0.72mg (47.81%), Folate: 162.9µg (40.72%), Potassium: 986.89mg (28.2%), Magnesium: 109.16mg (27.29%), Vitamin B3: 4.53mg (22.63%), Vitamin B5: 1.93mg (19.28%), Vitamin B2: 0.29mg (17.22%), Iron: 2.63mg (14.61%), Calcium: 119.33mg (11.93%), Vitamin A: 524.9IU (10.5%), Phosphorus: 74.62mg (7.46%), Zinc: 1.09mg (7.28%), Vitamin K: 6.34µg (6.03%), Selenium: 0.9µg (1.29%), Vitamin E: 0.18mg (1.21%)