

## Movies 'Till Dawn

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



397 kcal

BEVERAGE

DRINK

### Ingredients

- 1 cup ice cubes
- 1 lime wedges
- 2 maraschino cherries
- 4 fluid ounces pineapple juice
- 2 fluid ounces rum
- 1 fluid ounce triple sec
- 1 fluid ounce vanilla schnapps

### Equipment

# Directions

Fill a highball glass with ice, and pour in the pineapple juice, rum, vanilla schnapps, and triple sec. Stir to mix, and garnish with lime and maraschino cherries to serve.

# Nutrition Facts

**PROTEIN 1.73%** **FAT 1.91%** **CARBS 96.36%**

## Properties

Glycemic Index:93, Glycemic Load:7.34, Inflammation Score:-5, Nutrition Score:5.1434782056705%

## Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 397.44kcal (19.87%), Fat: 0.31g (0.47%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 34.57g (11.52%), Net Carbohydrates: 33.51g (12.19%), Sugar: 29.25g (32.5%), Cholesterol: 0mg (0%), Sodium: 20.57mg (0.89%), Alcohol: 37.61g (100%), Alcohol %: 9.51% (100%), Caffeine: 7.69mg (2.56%), Protein: 0.62g (1.24%), Manganese: 0.68mg (34.12%), Vitamin C: 17.07mg (20.69%), Copper: 0.19mg (9.55%), Vitamin B6: 0.13mg (6.74%), Potassium: 228.04mg (6.52%), Folate: 22.73µg (5.68%), Magnesium: 22.48mg (5.62%), Vitamin B1: 0.08mg (5.47%), Fiber: 1.06g (4.24%), Calcium: 37.36mg (3.74%), Vitamin B2: 0.06mg (3.67%), Iron: 0.59mg (3.3%), Vitamin B3: 0.45mg (2.24%), Phosphorus: 18.92mg (1.89%), Zinc: 0.26mg (1.76%), Vitamin B5: 0.12mg (1.21%)