



My

READY IN



5 min.

SERVINGS



6

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup malibu coconut rum recommended: Bacardi Coco
- ☐ 0.3 cup rum dark recommended: Meyers
- ☐ 6 servings splash grenadine
- ☐ 2 cups ice cubes
- ☐ 1 slices cranberry–orange relish for garnish, optional
- ☐ 0.5 cup orange juice
- ☐ 0.5 cup pineapple juice
- ☐ 0.3 cup lemon rum recommended: Bacardi Limon
- ☐ 0.5 cup mix sweet sour

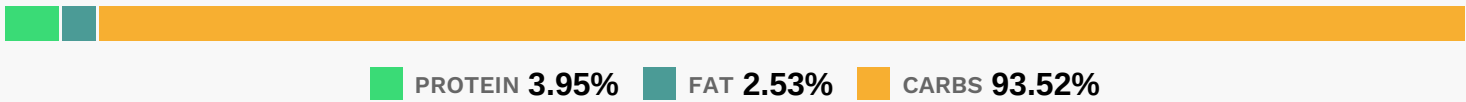
0.5 cup mix sweet sour

Equipment

Directions

- In a pitcher, add all the ingredients and stir to combine.
- Garnish with orange slices and serve in a rocks glass over more ice.

Nutrition Facts



Properties

Glycemic Index:45.08, Glycemic Load:3, Inflammation Score:-2, Nutrition Score:1.7243478084388%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 3.11mg, Hesperetin: 3.11mg, Hesperetin: 3.11mg, Hesperetin: 3.11mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 69.7kcal (3.48%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 5.49g (2%), Sugar: 4.38g (4.87%), Cholesterol: 0mg (0%), Sodium: 5.01mg (0.22%), Alcohol: 6.68g (100%), Alcohol %: 5.55% (100%), Protein: 0.24g (0.47%), Vitamin C: 13.54mg (16.41%), Manganese: 0.11mg (5.31%), Folate: 10.44µg (2.61%), Vitamin B1: 0.03mg (2.22%), Potassium: 71.8mg (2.05%), Copper: 0.04mg (2.04%), Vitamin B6: 0.03mg (1.48%), Magnesium: 5.7mg (1.42%)