

Neely's Hurricane

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



440 kcal

BEVERAGE

DRINK

Ingredients

- 2 ounces rum dark
- 1 tablespoon grenadine syrup
- 1 serving ice cubes
- 0.5 juice of lime juiced
- 2 ounces rum light
- 1 cranberry-orange relish sliced into wheels, for garnish
- 2 ounces passion fruit juice
- 2 ounces pineapple juice

Equipment

Directions

- Watch how to make this recipe.
- Fill the hurricane glasses with ice.
- Mix the rums, passion fruit juice, pineapple juice, lime juice, and grenadine in an ice filled shaker. Strain into the hurricane glasses.
- Garnish with a wheel of orange.

Nutrition Facts



■ PROTEIN 3.63% ■ FAT 1.25% ■ CARBS 95.12%

Properties

Glycemic Index:218.5, Glycemic Load:21.92, Inflammation Score:-8, Nutrition Score:10.71260865227%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 37.04mg, Hesperetin: 37.04mg, Hesperetin: 37.04mg, Hesperetin: 37.04mg Naringenin: 20.13mg, Naringenin: 20.13mg, Naringenin: 20.13mg, Naringenin: 20.13mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 439.84kcal (21.99%), Fat: 0.26g (0.41%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 45.11g (15.04%), Net Carbohydrates: 41.68g (15.16%), Sugar: 35.07g (38.96%), Cholesterol: 0mg (0%), Sodium: 14.17mg (0.62%), Alcohol: 37.88g (100%), Alcohol %: 10.7% (100%), Protein: 1.72g (3.44%), Vitamin C: 96.76mg (117.28%), Manganese: 0.34mg (17.08%), Vitamin A: 711.62IU (14.23%), Potassium: 493.86mg (14.11%), Folate: 54.97µg (13.74%), Fiber: 3.43g (13.72%), Vitamin B1: 0.16mg (10.49%), Vitamin B2: 0.15mg (8.67%), Vitamin B6: 0.17mg (8.52%), Copper: 0.17mg (8.51%), Magnesium: 32.1mg (8.03%), Vitamin B3: 1.35mg (6.73%), Calcium: 67.02mg (6.7%), Vitamin B5: 0.38mg (3.78%), Phosphorus: 37.68mg (3.77%), Iron: 0.51mg (2.84%), Vitamin E: 0.29mg (1.91%), Zinc: 0.27mg (1.81%), Selenium: 0.9µg (1.29%)