

New Orleans Hurricane

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



2 min.

SERVINGS



1

CALORIES



366 kcal

BEVERAGE

DRINK

Ingredients

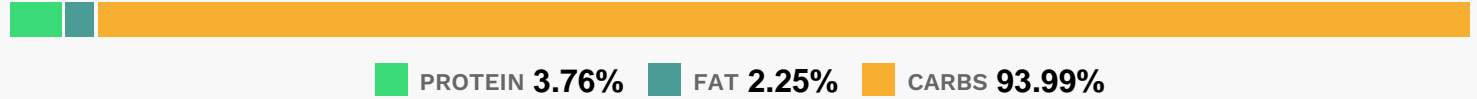
- 0.5 cup ice cubes
- 1 cup lemon lime soda flavored
- 2 fluid ounces rum light
- 1 ounce juice of lime
- 2 fluid ounces passion fruit rum flavored
- 1 fluid ounce rum

Equipment

Directions

In a shaker, combine ice, light rum, passion fruit syrup, lemon–lime flavored carbonated beverage and lime juice. Shake well and pour mixture into a Hurricane or other large specialty glass. Float the 151 proof rum on top of the drink.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:2.31, Inflammation Score:-7, Nutrition Score:5.3595651504786%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 366.13kcal (18.31%), Fat: 0.43g (0.67%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 40.82g (13.61%), Net Carbohydrates: 34.55g (12.56%), Sugar: 31.15g (34.61%), Cholesterol: 0mg (0%), Sodium: 47.53mg (2.07%), Alcohol: 29.63g (100%), Alcohol %: 7.08% (100%), Caffeine: 35.4mg (11.8%), Protein: 1.63g (3.27%), Vitamin C: 26.25mg (31.81%), Fiber: 6.26g (25.06%), Vitamin A: 766.44IU (15.33%), Potassium: 243.11mg (6.95%), Iron: 1.05mg (5.86%), Magnesium: 22.96mg (5.74%), Vitamin B2: 0.08mg (4.98%), Vitamin B3: 0.97mg (4.87%), Copper: 0.1mg (4.8%), Phosphorus: 47.73mg (4.77%), Vitamin B6: 0.07mg (3.54%), Folate: 11.11µg (2.78%), Calcium: 19.33mg (1.93%), Manganese: 0.02mg (1.05%), Zinc: 0.15mg (1.02%)