



Pandora Elixir

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

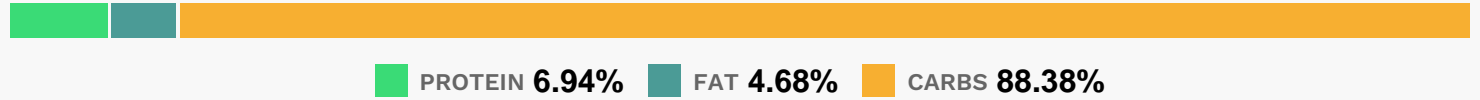
- 0.3 cup rum light
- 2 teaspoons juice of lime fresh
- 1 small lime zest
- 2 tablespoons passion fruit rum frozen (from a 12 oz. can)
- 0.3 cup seltzer water

Equipment

Directions

- Put 1 cup ice in a cocktail shaker.
- Add juice concentrate, lime leaf, lime juice; shake well to blend. Strain into 2 martini glasses, dividing evenly. Top each glass with 2 tbsp. soda water.
- Serve with a lime wedge as garnish.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:1.4, Inflammation Score:-4, Nutrition Score:2.4173913002014%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 14.85mg, Hesperetin: 14.85mg, Hesperetin: 14.85mg, Hesperetin: 14.85mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 94.94kcal (4.75%), Fat: 0.17g (0.27%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 4.9g (1.78%), Sugar: 2.31g (2.56%), Cholesterol: 0mg (0%), Sodium: 11.42mg (0.5%), Alcohol: 10.02g (100%), Alcohol %: 11.25% (100%), Protein: 0.58g (1.16%), Vitamin C: 15.68mg (19.01%), Fiber: 2.5g (9.98%), Vitamin A: 207.34IU (4.15%), Potassium: 92.67mg (2.65%), Iron: 0.46mg (2.54%), Copper: 0.04mg (2.2%), Phosphorus: 17.99mg (1.8%), Magnesium: 6.99mg (1.75%), Vitamin B2: 0.03mg (1.64%), Vitamin B6: 0.03mg (1.57%), Vitamin B3: 0.3mg (1.5%), Calcium: 15.01mg (1.5%), Folate: 5.25µg (1.31%)