



Passion Fruit Hurricane



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



296 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 tablespoons rum dark
- ☐ 0.5 cup pink grapefruit juice fresh for garnish from 1 small grapefruit
- ☐ 0.5 cup ice cubes
- ☐ 0.3 cup passion fruit puree such as goya
- ☐ 1 serving splash seltzer
- ☐ 1 tablespoon caster sugar

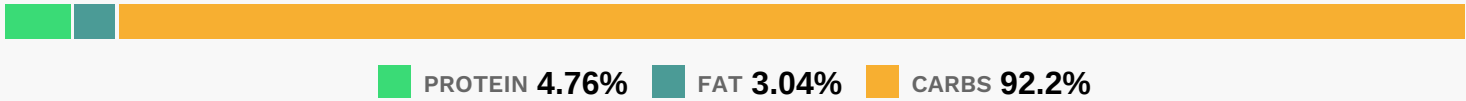
Equipment

- ☐ blender

Directions

- ☐
- Place the ice cubes, grapefruit juice, passion fruit puree, dark rum, superfine sugar and seltzer in the pitcher of a blender and blend on high until smooth and slushy.
- ☐
- Pour into a double old-fashioned glass and garnish with a wedge of fresh pink grapefruit.

Nutrition Facts



Properties

Glycemic Index:163.09, Glycemic Load:16.91, Inflammation Score:-7, Nutrition Score:6.9530435074931%

Nutrients (% of daily need)

Calories: 296.31kcal (14.82%), Fat: 0.57g (0.88%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 38.86g (12.95%), Net Carbohydrates: 32.6g (11.86%), Sugar: 31.56g (35.07%), Cholesterol: 0mg (0%), Sodium: 25.72mg (1.12%), Alcohol: 20.04g (100%), Alcohol %: 6.9% (100%), Protein: 2.01g (4.01%), Vitamin C: 49.44mg (59.93%), Fiber: 6.25g (25.02%), Vitamin A: 758.74IU (15.17%), Potassium: 397.94mg (11.37%), Iron: 1.45mg (8.03%), Magnesium: 30.1mg (7.53%), Vitamin B3: 1.25mg (6.23%), Phosphorus: 55.5mg (5.55%), Vitamin B2: 0.08mg (4.79%), Copper: 0.08mg (4.16%), Vitamin B6: 0.06mg (2.98%), Folate: 10.62µg (2.65%), Calcium: 20.24mg (2.02%), Zinc: 0.22mg (1.43%), Vitamin B5: 0.12mg (1.18%)