



PG-13 Singapore Sling



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



57 kcal

SIDE DISH

Ingredients

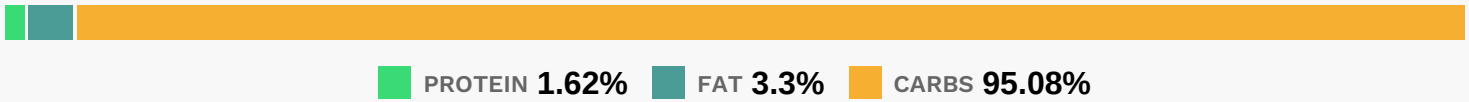
- ☐ 0.5 cup pepperoncini pepper juice
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup pineapple juice
- ☐ 0.8 cup pomegranate juice
- ☐ 2 ounces water

Equipment

Directions

- ☐
- Combine 3/4 cup pomegranate juice, 1/2 cup mango juice, 1/2 cup pineapple juice, and 2 tablespoons fresh lime juice in a pitcher filled with ice and stir until cold. Divide among 4 Collins glasses filled with crushed ice and add 2–3 ounces tonic water to each.
- ☐
- Garnish with mint sprigs.

Nutrition Facts



Properties

Glycemic Index:21.69, Glycemic Load:3.12, Inflammation Score:-1, Nutrition Score:2.2313043365012%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 56.98kcal (2.85%), Fat: 0.22g (0.33%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 14.05g (4.68%), Net Carbohydrates: 13.85g (5.04%), Sugar: 11.94g (13.26%), Cholesterol: 0mg (0%), Sodium: 6.89mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Manganese: 0.22mg (10.87%), Vitamin C: 5.53mg (6.7%), Potassium: 178.35mg (5.1%), Vitamin K: 4.99µg (4.75%), Folate: 17.26µg (4.32%), Vitamin B6: 0.06mg (2.83%), Magnesium: 9.1mg (2.27%), Vitamin B1: 0.03mg (2.17%), Copper: 0.04mg (1.91%), Vitamin B5: 0.17mg (1.74%), Vitamin E: 0.2mg (1.35%), Calcium: 12.93mg (1.29%), Vitamin B2: 0.02mg (1.15%), Phosphorus: 10.72mg (1.07%), Iron: 0.18mg (1.01%)