



Pineapple Breeze

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



197 kcal

BEVERAGE

DRINK

Ingredients

- 3 fluid ounce frangelico malibu® (such as)
- 1.5 cups ice cubes
- 12 ounce lemon lime soda sprite® canned (such as)
- 2 fluid ounces orange juice to taste
- 2 fluid ounces pineapple juice to taste

Equipment

Directions

- Place the ice into a 16-ounce glass.
- Pour in the rum, lemon-lime soda, pineapple juice, and orange juice. Stir and serve.

Nutrition Facts

PROTEIN 1.85% **FAT 0.84%** **CARBS 97.31%**

Properties

Glycemic Index:98, Glycemic Load:6.58, Inflammation Score:-5, Nutrition Score:4.7582607768152%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 7.07mg, Hesperetin: 7.07mg, Hesperetin: 7.07mg, Hesperetin: 7.07mg Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 197.44kcal (9.87%), Fat: 0.19g (0.29%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 49.21g (16.4%), Net Carbohydrates: 48.97g (17.81%), Sugar: 45.54g (50.6%), Cholesterol: 0mg (0%), Sodium: 53.54mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 51.03mg (17.01%), Protein: 0.93g (1.87%), Vitamin C: 35.48mg (43.01%), Manganese: 0.31mg (15.32%), Folate: 28.39µg (7.1%), Copper: 0.12mg (6.18%), Vitamin B1: 0.09mg (5.84%), Potassium: 198.56mg (5.67%), Magnesium: 20.55mg (5.14%), Vitamin B6: 0.08mg (4.14%), Calcium: 31.64mg (3.16%), Vitamin A: 121.24IU (2.42%), Iron: 0.37mg (2.05%), Vitamin B3: 0.41mg (2.03%), Vitamin B2: 0.03mg (1.77%), Phosphorus: 14.78mg (1.48%), Vitamin B5: 0.15mg (1.45%), Zinc: 0.16mg (1.09%)