



Pineapple Cosmopolitan



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



2

CALORIES



86 kcal

BEVERAGE

DRINK

Ingredients

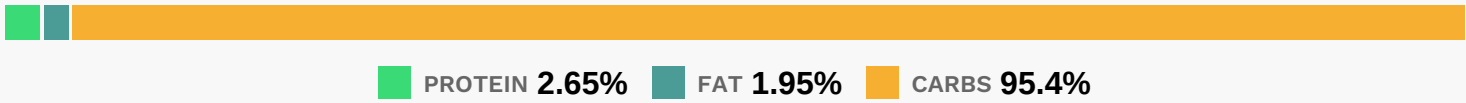
- ☐ 1 tablespoon 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 2 juice of lime
- ☐ 1 tablespoon triple sec
- ☐ 3 tablespoons vodka fresh

Equipment

Directions

- ☐
- Pour all the ingredients into a cocktail shaker filled with ice. Shake well, then strain into a martini glass.
- ☐
- Garnish with a lime wedge, a pineapple slice, or both.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:0.51, Inflammation Score:-2, Nutrition Score:0.9791304346012%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 86.03kcal (4.3%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 5.73g (2.08%), Sugar: 3.83g (4.25%), Cholesterol: 0mg (0%), Sodium: 1.58mg (0.07%), Alcohol: 9.47g (100%), Alcohol %: 17.77% (100%), Protein: 0.16g (0.33%), Vitamin C: 9.7mg (11.75%), Potassium: 43.35mg (1.24%), Vitamin E: 0.16mg (1.04%)