



Pineapple Drops

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



342 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons juice of lime fresh
- 4 servings lime wedges
- 6 servings pineapple fresh cut into 3/4-in. chunks
- 1.5 cups pineapple juice
- 1 cup sugar
- 1.5 cups vodka

Equipment

- skewers

Directions

- In a pitcher, mix pineapple juice, vodka, and lime juice, then chill until cold.
- Rub lime wedges around rims of 6 martini glasses.
- Pour sugar onto a large plate. Dip rims of glasses in sugar. Divide vodka mixture among glasses. Push a few pineapple chunks onto each skewer and set one in each glass.

Nutrition Facts

PROTEIN 1.29% **FAT 1.19%** **CARBS 97.52%**

Properties

Glycemic Index:36.96, Glycemic Load:32.39, Inflammation Score:-4, Nutrition Score:7.4817392230034%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 341.53kcal (17.08%), Fat: 0.28g (0.44%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 52.3g (17.43%), Net Carbohydrates: 50.98g (18.54%), Sugar: 47.42g (52.69%), Cholesterol: 0mg (0%), Sodium: 3.1mg (0.13%), Alcohol: 20.04g (100%), Alcohol %: 10.45% (100%), Protein: 0.69g (1.39%), Vitamin C: 47.78mg (57.91%), Manganese: 1.06mg (53.24%), Vitamin B6: 0.15mg (7.73%), Copper: 0.14mg (7.11%), Vitamin B1: 0.1mg (6.96%), Folate: 26.27µg (6.57%), Fiber: 1.32g (5.29%), Potassium: 177.35mg (5.07%), Magnesium: 17.62mg (4.4%), Vitamin B2: 0.05mg (2.98%), Vitamin B3: 0.54mg (2.71%), Iron: 0.46mg (2.53%), Vitamin B5: 0.22mg (2.19%), Calcium: 20mg (2%), Phosphorus: 15.49mg (1.55%), Zinc: 0.17mg (1.16%), Vitamin A: 54.88IU (1.1%)