



Pineapple-Rum Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



240 kcal

BEVERAGE

DRINK

Ingredients

- 46 ounces pineapple rings canned
- 2 cups spiced rum
- 0.5 cup juice of lime fresh (from 6 to 8 limes)
- 1 slices lime for garnish

Equipment

Directions

In a large pitcher, stir together pineapple juice, spiced rum, and lime juice. Refrigerate until chilled.

Serve over ice, garnished with lime slices.

Nutrition Facts

 **PROTEIN 3.21%**  **FAT 1.54%**  **CARBS 95.25%**

Properties

Glycemic Index:5.88, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:4.1139129821373%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 240.45kcal (12.02%), Fat: 0.19g (0.29%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 26.73g (8.91%), Net Carbohydrates: 24.53g (8.92%), Sugar: 23.52g (26.13%), Cholesterol: 0mg (0%), Sodium: 2.55mg (0.11%), Alcohol: 20.04g (100%), Alcohol %: 10.63% (100%), Protein: 0.9g (1.8%), Vitamin C: 20.11mg (24.38%), Vitamin B1: 0.17mg (11.59%), Copper: 0.19mg (9.58%), Fiber: 2.2g (8.82%), Vitamin B6: 0.13mg (6.45%), Magnesium: 25.71mg (6.43%), Potassium: 221.92mg (6.34%), Calcium: 28.49mg (2.85%), Iron: 0.5mg (2.77%), Vitamin B3: 0.49mg (2.47%), Folate: 9.73µg (2.43%), Vitamin B2: 0.04mg (2.3%), Vitamin A: 89.5IU (1.79%), Phosphorus: 16.09mg (1.61%), Zinc: 0.2mg (1.33%), Vitamin K: 1.24µg (1.18%)