



Pineapple Upside-Down Cake in a Glass

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



209 kcal

Ingredients

- 1 tablespoon grenadine syrup
- 1 serving ice cubes
- 1 maraschino cherry
- 3 ounces pineapple juice
- 1.5 fluid ounce jigger cake-flavored vodka

Equipment

Directions

- Fill a glass with ice.
- Splash grenadine over ice.
- Pour cake-flavored vodka and pineapple juice over the ice; stir.
- Garnish with maraschino cherry to serve.

Nutrition Facts

PROTEIN 1.17% **FAT 0.94%** **CARBS 97.89%**

Properties

Glycemic Index:161, Glycemic Load:18.34, Inflammation Score:-2, Nutrition Score:2.7808695435524%

Nutrients (% of daily need)

Calories: 209.39kcal (10.47%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 26.43g (8.81%), Net Carbohydrates: 26.1g (9.49%), Sugar: 19.74g (21.93%), Cholesterol: 0mg (0%), Sodium: 10.54mg (0.46%), Alcohol: 14.81g (100%), Alcohol %: 8.92% (100%), Protein: 0.32g (0.63%), Manganese: 0.43mg (21.46%), Vitamin C: 8.5mg (10.31%), Vitamin B6: 0.09mg (4.26%), Copper: 0.08mg (4.22%), Folate: 15.31µg (3.83%), Vitamin B1: 0.05mg (3.44%), Potassium: 117.66mg (3.36%), Magnesium: 11.77mg (2.94%), Iron: 0.3mg (1.66%), Calcium: 16.64mg (1.66%), Vitamin B2: 0.02mg (1.35%), Fiber: 0.33g (1.32%)