

# Pineapple Upside-down Cake Martinis



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



596 kcal

## Ingredients

- 1 dash grenadine syrup
- 2 maraschino cherries
- 2 pineapple wedges
- 0.7 cup pineapple juice chilled
- 0.3 cup vanilla vodka flavored

## Equipment

- skewers

## Directions

- Pour the pineapple juice, vodka and grenadine into a shaker full of ice. Shake, then strain into two martini glasses.
- Garnish with a piece of pineapple and a cherry on a skewer.

## Nutrition Facts

 **PROTEIN 3.73%**  **FAT 1.93%**  **CARBS 94.34%**

## Properties

Glycemic Index:109.83, Glycemic Load:67.04, Inflammation Score:-10, Nutrition Score:27.896086900131%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

## Nutrients (% of daily need)

Calories: 596.18kcal (29.81%), Fat: 1.19g (1.83%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 131.11g (43.7%), Net Carbohydrates: 118.13g (42.96%), Sugar: 99.17g (110.18%), Cholesterol: 0mg (0%), Sodium: 11.36mg (0.49%), Alcohol: 13.36g (100%), Alcohol %: 1.65% (100%), Protein: 5.18g (10.36%), Vitamin C: 440.46mg (533.89%), Manganese: 8.79mg (439.32%), Vitamin B6: 1.09mg (54.63%), Copper: 1.06mg (53.05%), Fiber: 12.99g (51.95%), Vitamin B1: 0.76mg (50.84%), Folate: 177.06µg (44.26%), Potassium: 1090.31mg (31.15%), Magnesium: 118.26mg (29.57%), Vitamin B3: 4.68mg (23.41%), Vitamin B5: 1.97mg (19.74%), Vitamin B2: 0.31mg (18.17%), Iron: 2.89mg (16.08%), Calcium: 130.61mg (13.06%), Vitamin A: 531.08IU (10.62%), Phosphorus: 80.86mg (8.09%), Zinc: 1.19mg (7.91%), Vitamin K: 6.65µg (6.33%), Selenium: 1µg (1.42%), Vitamin E: 0.2mg (1.33%)