



Pineapple Upside-Down Martinis

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



10 min.

SERVINGS



2

CALORIES



278 kcal

BEVERAGE

DRINK

Ingredients

- 3 tablespoons brown sugar packed
- 1 serving ice cubes
- 1 cup pineapple juice
- 0.5 cup rum
- 1 teaspoon grenadine syrup

Equipment

- bowl

Directions

- Place brown sugar in wide, shallow bowl. Wet each martini glass rim with water; dip rim into brown sugar to coat.
- Fill shaker with ice.
- Pour pineapple juice, rum and grenadine syrup over ice; shake well.
- Pour chilled martini into martini glasses.

Nutrition Facts

PROTEIN 1.25% **FAT 0.89%** **CARBS 97.86%**

Properties

Glycemic Index:80.5, Glycemic Load:8.88, Inflammation Score:-3, Nutrition Score:3.9330435392001%

Nutrients (% of daily need)

Calories: 277.58kcal (13.88%), Fat: 0.14g (0.22%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 34.62g (12.59%), Sugar: 30.63g (34.04%), Cholesterol: 0mg (0%), Sodium: 10.21mg (0.44%), Alcohol: 20.04g (100%), Alcohol %: 11.19% (100%), Protein: 0.45g (0.89%), Manganese: 0.62mg (30.85%), Vitamin C: 11.8mg (14.3%), Vitamin B6: 0.13mg (6.3%), Copper: 0.11mg (5.39%), Folate: 21.42µg (5.36%), Potassium: 179.38mg (5.13%), Vitamin B1: 0.07mg (4.8%), Magnesium: 16.18mg (4.05%), Calcium: 31.3mg (3.13%), Iron: 0.52mg (2.88%), Vitamin B2: 0.03mg (1.62%), Vitamin B3: 0.26mg (1.31%), Phosphorus: 12.68mg (1.27%), Zinc: 0.17mg (1.11%)