

Port of Call Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



236 kcal

BEVERAGE

DRINK

Ingredients

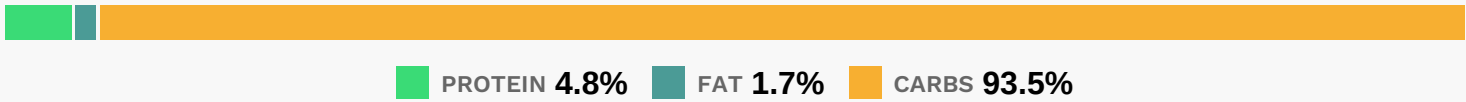
- ☐ 0.5 teaspoon grenadine syrup
- ☐ 2 tablespoon juice of lemon freshly squeezed
- ☐ 1 orange twist
- ☐ 0.3 teaspoon coconut sugar dark (substitute brown sugar)
- ☐ 2 ounce ruby port
- ☐ 1 ounce aged gold rum (like diplomatico reserva exclusiva)

Equipment

Directions

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Nutrition Facts



Properties

Glycemic Index:157.5, Glycemic Load:7.24, Inflammation Score:-7, Nutrition Score:8.3539131361505%

Flavonoids

Petunidin: 3.76mg, Petunidin: 3.76mg, Petunidin: 3.76mg, Petunidin: 3.76mg Delphinidin: 2.21mg, Delphinidin: 2.21mg, Delphinidin: 2.21mg, Delphinidin: 2.21mg Malvidin: 53.77mg, Malvidin: 53.77mg, Malvidin: 53.77mg, Malvidin: 53.77mg Peonidin: 2.23mg, Peonidin: 2.23mg, Peonidin: 2.23mg, Peonidin: 2.23mg Catechin: 5.59mg, Catechin: 5.59mg, Catechin: 5.59mg, Catechin: 5.59mg Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 40.04mg, Hesperetin: 40.04mg, Hesperetin: 40.04mg, Hesperetin: 40.04mg Naringenin: 20.48mg, Naringenin: 20.48mg, Naringenin: 20.48mg, Naringenin: 20.48mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 236.22kcal (11.81%), Fat: 0.23g (0.35%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 28.28g (9.43%), Net Carbohydrates: 25.05g (9.11%), Sugar: 19.78g (21.98%), Cholesterol: 0mg (0%), Sodium: 6.78mg (0.29%), Alcohol: 18.14g (100%), Alcohol %: 9.2% (100%), Protein: 1.45g (2.9%), Vitamin C: 81.3mg (98.55%), Fiber: 3.23g (12.94%), Folate: 45.31µg (11.33%), Potassium: 322.91mg (9.23%), Vitamin B1: 0.13mg (8.87%), Calcium: 59.75mg (5.97%), Vitamin A: 296.55IU (5.93%), Manganese: 0.11mg (5.48%), Magnesium: 20.21mg (5.05%), Copper: 0.1mg (4.82%), Vitamin B6: 0.09mg (4.65%), Vitamin B2: 0.07mg (4.03%), Vitamin B5: 0.39mg (3.86%), Phosphorus: 27.14mg (2.71%), Vitamin B3: 0.52mg (2.61%), Vitamin E: 0.28mg (1.87%), Iron: 0.31mg (1.73%), Selenium: 1µg (1.43%), Zinc: 0.16mg (1.08%)