



Rum Runner Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



395 kcal

BEVERAGE

DRINK

Ingredients

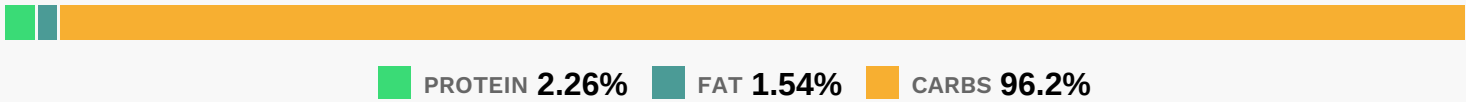
- ☐ 0.8 ounce banana liqueur
- ☐ 0.8 ounce blackberry brandy
- ☐ 1 ounce rum dark
- ☐ 1 teaspoon grenadine syrup
- ☐ 1 serving ice cubes
- ☐ 2 ounce rum light
- ☐ 2 ounce orange juice
- ☐ 2 ounce pineapple juice

Equipment

Directions

- Pour all liquids except dark rum into a large glass. Fill the the glass with ice cubes and stir vigorously. Float the dark rum on top and stir gently.

Nutrition Facts



Properties

Glycemic Index:243, Glycemic Load:10.33, Inflammation Score:-6, Nutrition Score:4.4691305147565%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 6.78mg, Hesperetin: 6.78mg, Hesperetin: 6.78mg, Hesperetin: 6.78mg Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 395.44kcal (19.77%), Fat: 0.18g (0.28%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 25.56g (8.52%), Net Carbohydrates: 25.34g (9.21%), Sugar: 21.49g (23.88%), Cholesterol: 0mg (0%), Sodium: 7.18mg (0.31%), Alcohol: 40.9g (100%), Alcohol %: 17.11% (100%), Protein: 0.6g (1.2%), Vitamin C: 34.02mg (41.24%), Manganese: 0.31mg (15.64%), Folate: 27.22µg (6.8%), Vitamin B1: 0.09mg (6.02%), Potassium: 190.91mg (5.45%), Copper: 0.1mg (4.85%), Vitamin B6: 0.08mg (4.02%), Magnesium: 13.84mg (3.46%), Vitamin A: 116.23IU (2.32%), Vitamin B2: 0.03mg (1.99%), Phosphorus: 18.67mg (1.87%), Iron: 0.33mg (1.86%), Vitamin B3: 0.35mg (1.77%), Calcium: 15.65mg (1.56%), Vitamin B5: 0.14mg (1.39%)