



Rum Runner with Pinot Grigio Splash



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



323 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 banana with a slit, for garnish peeled quartered cut
- ☐ 4 ounces banana puree
- ☐ 3 ounces blackberry brandy
- ☐ 3 ounces grenadine syrup
- ☐ 15 ounces lemon lime power drink
- ☐ 6 ounces rum light
- ☐ 4 ounces wine

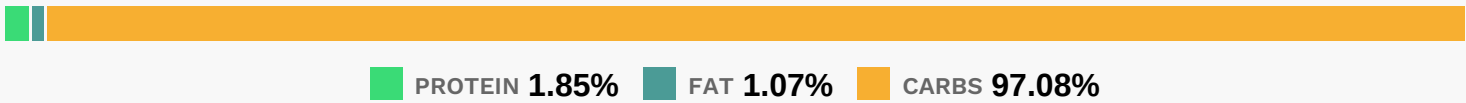
Equipment

☐ blender

Directions

- ☐ Special equipment: 4 tall zombie or daiquiri glasses
- ☐ Add the light rum, banana puree, blackberry brandy, grenadine, and lemon lime power drink to a blender and blend on low for 30 seconds. Fill each of 4 glasses with ice.
- ☐ Pour the blender contents over the ice, top each glass with 1-ounce of Pinot Grigio and garnish with a banana segment on the rim.

Nutrition Facts



Properties

Glycemic Index:59.89, Glycemic Load:20.63, Inflammation Score:-4, Nutrition Score:2.728695647872%

Flavonoids

Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 322.93kcal (16.15%), Fat: 0.19g (0.29%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 39.08g (13.03%), Net Carbohydrates: 37.57g (13.66%), Sugar: 27.79g (30.88%), Cholesterol: 0mg (0%), Sodium: 17.59mg (0.76%), Alcohol: 24.34g (100%), Alcohol %: 11.11% (100%), Caffeine: 15.95mg (5.32%), Protein: 0.75g (1.49%), Vitamin B6: 0.21mg (10.65%), Manganese: 0.17mg (8.38%), Potassium: 215.39mg (6.15%), Vitamin C: 5.03mg (6.1%), Fiber: 1.5g (6.02%), Magnesium: 17.53mg (4.38%), Copper: 0.06mg (3.2%), Folate: 11.57µg (2.89%), Vitamin B2: 0.05mg (2.76%), Vitamin B3: 0.41mg (2.04%), Vitamin B5: 0.19mg (1.93%), Phosphorus: 16.13mg (1.61%), Vitamin B1: 0.02mg (1.45%), Iron: 0.21mg (1.15%), Selenium: 0.71µg (1.01%)