



## Rum Swizzles

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



7

CALORIES



304 kcal

BEVERAGE

DRINK

### Ingredients

- 12 ounce prepare as
- 0.5 cup grenadine syrup
- 2 cups orange juice
- 2 cups pineapple juice
- 2 cups rum

### Equipment

# Directions

Pour the pineapple juice, orange juice, rum, ginger beer, and grenadine together in a pitcher; stir gently.

# Nutrition Facts



**PROTEIN 2.01%**   **FAT 1.36%**   **CARBS 96.63%**

# Properties

Glycemic Index:39.43, Glycemic Load:25.66, Inflammation Score:-5, Nutrition Score:5.4565217546795%

# Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 8.47mg, Hesperetin: 8.47mg, Hesperetin: 8.47mg, Hesperetin: 8.47mg Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

# Nutrients (% of daily need)

Calories: 303.8kcal (15.19%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 35.6g (11.87%), Net Carbohydrates: 35.32g (12.84%), Sugar: 27.65g (30.72%), Cholesterol: 0mg (0%), Sodium: 12.32mg (0.54%), Alcohol: 22.9g (100%), Alcohol %: 10.43% (100%), Protein: 0.74g (1.48%), Vitamin C: 42.17mg (51.12%), Manganese: 0.37mg (18.42%), Folate: 33.39µg (8.35%), Vitamin B1: 0.11mg (7.13%), Potassium: 237.63mg (6.79%), Copper: 0.11mg (5.34%), Vitamin B6: 0.1mg (4.82%), Magnesium: 17.29mg (4.32%), Vitamin A: 145.09IU (2.9%), Iron: 0.48mg (2.65%), Vitamin B2: 0.04mg (2.38%), Vitamin B3: 0.43mg (2.13%), Phosphorus: 21.1mg (2.11%), Calcium: 19.39mg (1.94%), Vitamin B5: 0.17mg (1.72%), Zinc: 0.19mg (1.27%), Fiber: 0.28g (1.11%)