



## Seaside Sunrise



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



235 kcal

SIDE DISH

## Ingredients

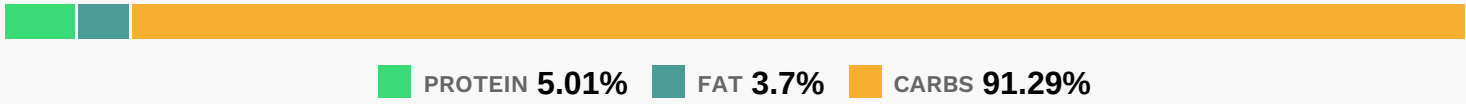
- ☐ 1 cup cranberry juice cocktail
- ☐ 2 tablespoons grenadine syrup
- ☐ 1 slices garnishes: orange and lime
- ☐ 2 cups orange-mango juice
- ☐ 2 cups passion fruit-flavored rum
- ☐ 2 cups pineapple juice

## Equipment

# Directions

- ☐ Combine first 5 ingredients in a large pitcher.
- ☐ Pour into ice-filled glasses, and top with sparkling wine, if desired.
- ☐ Garnish, if desired.

# Nutrition Facts



# Properties

Glycemic Index:64, Glycemic Load:23.93, Inflammation Score:-9, Nutrition Score:14.14869572287%

# Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 12.46mg, Hesperetin: 12.46mg, Hesperetin: 12.46mg, Hesperetin: 12.46mg Naringenin: 2.17mg, Naringenin: 2.17mg, Naringenin: 2.17mg, Naringenin: 2.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

# Nutrients (% of daily need)

Calories: 235.42kcal (11.77%), Fat: 1.03g (1.58%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 56.89g (18.96%), Net Carbohydrates: 46.64g (16.96%), Sugar: 38.1g (42.33%), Cholesterol: 0mg (0%), Sodium: 32.51mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Vitamin C: 109.17mg (132.33%), Fiber: 10.24g (40.98%), Vitamin A: 1408.64IU (28.17%), Manganese: 0.51mg (25.7%), Potassium: 660.38mg (18.87%), Folate: 60.08µg (15.02%), Magnesium: 50.53mg (12.63%), Iron: 2.06mg (11.47%), Vitamin B6: 0.23mg (11.45%), Vitamin B2: 0.17mg (10.2%), Vitamin B3: 2.02mg (10.12%), Copper: 0.2mg (9.9%), Vitamin B1: 0.14mg (9.63%), Phosphorus: 89.69mg (8.97%), Calcium: 36.97mg (3.7%), Vitamin B5: 0.27mg (2.71%), Zinc: 0.28mg (1.83%), Vitamin K: 1.56µg (1.48%), Selenium: 0.91µg (1.31%), Vitamin E: 0.19mg (1.28%)