

# Sex on the Beach I

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 fluid ounce banana liqueur
- 0.5 fluid ounce full fat coconut cream
- 5 fluid ounces ice crushed
- 0.3 fluid ounce rum light
- 1 fluid ounce orange juice
- 1 fluid ounce peach schnapps

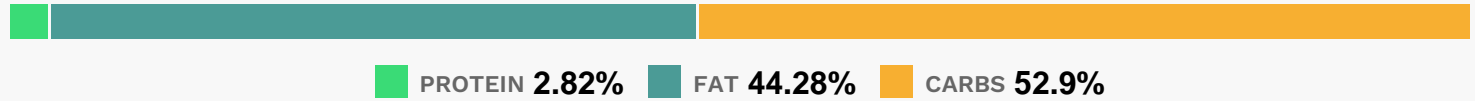
## Equipment

- blender

## Directions

- In a blender, combine peach schnapps, rum, banana liqueur, coconut cream, orange juice and crushed ice. Blend until smooth.
- Pour into a glass and serve.

## Nutrition Facts



## Properties

Glycemic Index:67, Glycemic Load:1.57, Inflammation Score:-3, Nutrition Score:2.4652173735363%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.53mg, Hesperetin: 3.53mg, Hesperetin: 3.53mg, Hesperetin: 3.53mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 182.36kcal (9.12%), Fat: 5.19g (7.98%), Saturated Fat: 4.55g (28.46%), Carbohydrates: 13.94g (4.65%), Net Carbohydrates: 13.56g (4.93%), Sugar: 12.22g (13.58%), Cholesterol: 0mg (0%), Sodium: 8.35mg (0.36%), Alcohol: 4.34g (100%), Alcohol %: 2.33% (100%), Protein: 0.74g (1.49%), Vitamin C: 15.2mg (18.42%), Manganese: 0.2mg (9.91%), Copper: 0.09mg (4.71%), Potassium: 107.34mg (3.07%), Folate: 12.27µg (3.07%), Phosphorus: 23.36mg (2.34%), Iron: 0.4mg (2.22%), Magnesium: 8.87mg (2.22%), Vitamin B1: 0.03mg (2.1%), Fiber: 0.38g (1.54%), Vitamin B3: 0.25mg (1.25%), Vitamin A: 59.14IU (1.18%), Zinc: 0.17mg (1.16%)