

Sex on the Beach II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1 min.

SERVINGS



1

CALORIES



197 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 fluid ounces 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 0.5 fluid ounce melon liqueur
- ☐ 1.5 fluid ounces pineapple juice
- ☐ 0.5 fluid ounce raspberry liqueur flavored
- ☐ 1 fluid ounce vodka

Equipment

- ☐ blender

Directions

☐ In a cocktail mixer full of ice, combine vodka, melon liqueur, raspberry liqueur, pineapple juice and cranberry juice. Shake vigorously and strain into glass.

Nutrition Facts



PROTEIN 2.69% **FAT 1.57%** **CARBS 95.74%**

Properties

Glycemic Index:117, Glycemic Load:5.59, Inflammation Score:-3, Nutrition Score:2.2108695532965%

Nutrients (% of daily need)

Calories: 197.23kcal (9.86%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 21.31g (7.1%), Net Carbohydrates: 21.17g (7.7%), Sugar: 19.93g (22.14%), Cholesterol: 0mg (0%), Sodium: 3.25mg (0.14%), Alcohol: 16.19g (100%), Alcohol %: 13.88% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.6g (1.2%), Manganese: 0.23mg (11.3%), Vitamin C: 8.56mg (10.38%), Vitamin E: 0.54mg (3.61%), Vitamin B6: 0.07mg (3.37%), Copper: 0.06mg (3.19%), Potassium: 96.55mg (2.76%), Vitamin K: 2.4µg (2.28%), Vitamin B1: 0.03mg (2.12%), Magnesium: 8.43mg (2.11%), Folate: 8.43µg (2.11%), Iron: 0.26mg (1.45%), Vitamin B2: 0.02mg (1.24%), Phosphorus: 11.68mg (1.17%)