

Shark Attack



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



118 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 servings splash grenadine
- ☐ 2 cups ice cubes
- ☐ 0.3 cup optional: lemon
- ☐ 0.3 cup maraschino cherries plus more for garnish
- ☐ 0.5 cup orange juice
- ☐ 0.3 cup pineapple chunks
- ☐ 0.3 cup pineapple juice
- ☐ 0.3 cup high alcohol content rum recommended: Bacardi 151

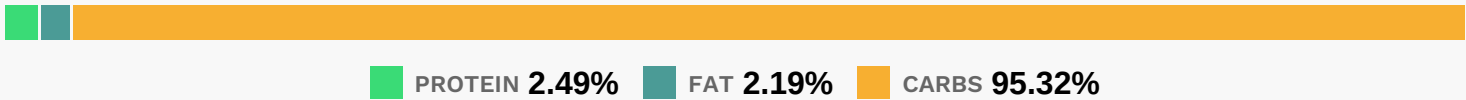
- ☐ 0.3 cup tequila
- ☐ 0.3 cup triple sec

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ In a pitcher, add all the ingredients and stir to combine.
- ☐ Garnish with maraschino cherries, if using.
- ☐ Pour into rocks glasses, garnish with maraschino cherries and serve.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:2.49, Inflammation Score:-2, Nutrition Score:2.1204347947369%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 4.93mg, Hesperetin: 4.93mg, Hesperetin: 4.93mg, Hesperetin: 4.93mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 118.42kcal (5.92%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 13.75g (4.58%), Net Carbohydrates: 13g (4.73%), Sugar: 11.8g (13.11%), Cholesterol: 0mg (0%), Sodium: 6.27mg (0.27%), Alcohol: 9.24g (100%), Alcohol %: 6.94% (100%), Protein: 0.36g (0.72%), Vitamin C: 16.92mg (20.52%), Copper: 0.06mg (3.24%), Manganese: 0.06mg (3.08%), Fiber: 0.75g (3.01%), Vitamin B1: 0.04mg (2.63%), Potassium: 84.23mg (2.41%), Folate: 9.43µg (2.36%), Magnesium: 7.16mg (1.79%), Vitamin B6: 0.03mg (1.66%), Calcium: 15.27mg (1.53%), Iron: 0.21mg (1.16%), Vitamin A: 53.13IU (1.06%)