



Shark Attack



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



118 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 servings splash of grenadine
- ☐ 2 cups ice cubes
- ☐ 0.5 optional: lemon sliced thin
- ☐ 0.3 cup maraschino cherries plus more for garnish
- ☐ 0.5 cup orange juice
- ☐ 0.3 cup pineapple chunks fresh
- ☐ 0.3 cup pineapple juice
- ☐ 0.3 cup rum high-proof Guy recommends Bacardi 151

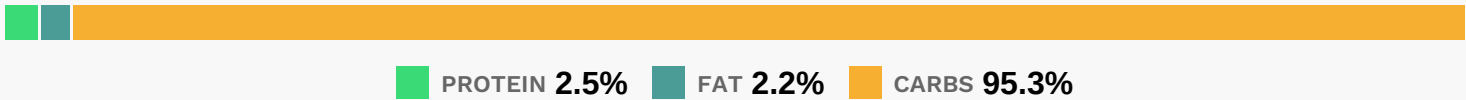
- ☐ 0.3 cup tequila
- ☐ 0.3 cup triple sec

Equipment

Directions

- ☐ In a large pitcher, combine all the ingredients and stir to mix.
- ☐ Pour into rocks glasses and garnish with additional maraschino cherries, if desired.
- ☐ Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:2.49, Inflammation Score:-2, Nutrition Score:2.1278261127679%

Flavonoids

Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg Hesperetin: 4.98mg, Hesperetin: 4.98mg, Hesperetin: 4.98mg, Hesperetin: 4.98mg 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: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 118.47kcal (5.92%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 13.01g (4.73%), Sugar: 11.8g (13.12%), Cholesterol: 0mg (0%), Sodium: 6.28mg (0.27%), Alcohol: 9.24g (100%), Alcohol %: 6.93% (100%), Protein: 0.36g (0.72%), Vitamin C: 17.01mg (20.62%), Copper: 0.06mg (3.24%), Manganese: 0.06mg (3.08%), Fiber: 0.76g (3.03%), Vitamin B1: 0.04mg (2.64%), Potassium: 84.46mg (2.41%), Folate: 9.45µg (2.36%), Magnesium: 7.17mg (1.79%), Vitamin B6: 0.03mg (1.67%), Calcium: 15.32mg (1.53%), Iron: 0.21mg (1.17%), Vitamin A: 53.17IU (1.06%)