

Silent Night



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



4

CALORIES



353 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

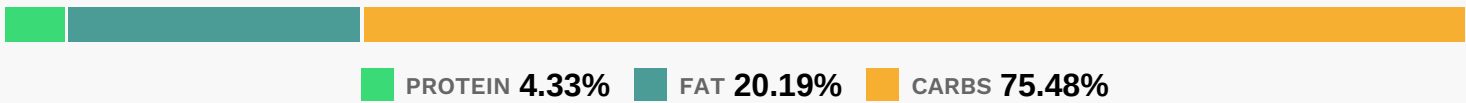
- ☐ 2 shots coconut milk sweetened
- ☐ 2 shots malibu coconut rum
- ☐ 1 shot 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 4 servings ice cubes
- ☐ 4 cups orange juice
- ☐ 2 shots passion fruit rum
- ☐ 2 cups pineapple juice
- ☐ 2 shots pineapple rum

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine all ingredients into a pitcher filled with ice and stir.
- ☐ Serve in martini glasses.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:21.65, Inflammation Score:-8, Nutrition Score:15.069130399953%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 29.64mg, Hesperetin: 29.64mg, Hesperetin: 29.64mg, Hesperetin: 29.64mg Naringenin: 5.31mg, Naringenin: 5.31mg, Naringenin: 5.31mg, Naringenin: 5.31mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 353.13kcal (17.66%), Fat: 7.02g (10.8%), Saturated Fat: 5.94g (37.12%), Carbohydrates: 59.01g (19.67%), Net Carbohydrates: 53.77g (19.55%), Sugar: 44.6g (49.55%), Cholesterol: 0mg (0%), Sodium: 77.51mg (3.37%), Alcohol: 7.41g (100%), Alcohol %: 1.8% (100%), Protein: 3.39g (6.77%), Vitamin C: 143.49mg (173.92%), Manganese: 0.85mg (42.31%), Folate: 99.52µg (24.88%), Potassium: 815.64mg (23.3%), Fiber: 5.25g (20.98%), Vitamin B1: 0.3mg (19.82%), Vitamin A: 789.02IU (15.78%), Magnesium: 60.41mg (15.1%), Copper: 0.29mg (14.74%), Vitamin B6: 0.25mg (12.6%), Phosphorus: 91.19mg (9.12%), Iron: 1.59mg (8.82%), Vitamin B3: 1.73mg (8.64%), Vitamin B2: 0.13mg (7.9%), Selenium: 4.08µg (5.83%), Vitamin B5: 0.57mg (5.68%), Calcium: 50.29mg (5.03%), Zinc: 0.46mg (3.06%), Vitamin E: 0.26mg (1.74%), Vitamin K: 1.32µg (1.26%)