



## Sparkling Jungle Bird

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



4320 min.

SERVINGS



1

CALORIES



1696 kcal

BEVERAGE

DRINK

## Ingredients

- 1 serving bay leaves
- 1 ounce campari
- 1 serving cherries
- 1 serving lime wedges
- 3 lime zest peeled
- 1 pineapple cored sliced in wheels
- 1 cup rum such as mt. gay eclipse
- 1 serving rum chunk (reserved from infusion)

- 2 ounces rum dark black such as gosling's seal
- 2.5 ounces rum
- 1 ounce simple syrup glaze (see note above)
- 4 ounces sparkling wine chilled

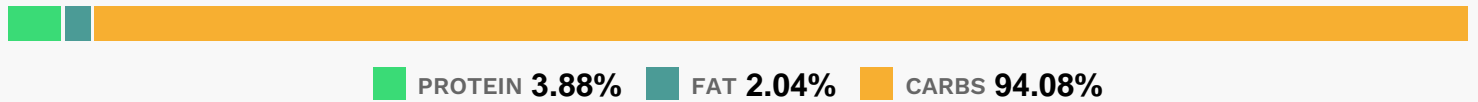
## Equipment

- frying pan
- oven
- aluminum foil

## Directions

- For the Infusion: Preheat oven to 400°F.
- Place sliced pineapple on a foil-lined pan and roast until tender and starting to brown, about 30 minutes total, flipping halfway through.
- Let cool and chop roughly. Measure out 1 cup roasted pineapple for infusion.
- Combine rum, 1 cup roasted pineapple, and simple syrup in an airtight container.
- Let sit for 2 days, agitating once a day. After two days, add lime zest and juice.
- Let sit one day. Strain and reserve pineapple chunks for garnish.
- For the Cocktail: Fill a highball glass with ice.
- Add dark rum, infused rum, and Campari. Top with sparkling wine and stir gently if desired.
- Garnish with a skewered pineapple chunk, lime wedge, pineapple leaf, and Luxardo cherry.

## Nutrition Facts



## Properties

Glycemic Index:204.67, Glycemic Load:71.38, Inflammation Score:-10, Nutrition Score:34.814782857895%

## Flavonoids

Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Hesperetin: 86.86mg, Hesperetin: 86.86mg, Hesperetin: 86.86mg, Hesperetin: 86.86mg Naringenin: 6.87mg, Naringenin: 6.87mg, Naringenin: 6.87mg, Naringenin: 6.87mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

## **Nutrients (% of daily need)**

Calories: 1695.69kcal (84.78%), Fat: 1.85g (2.85%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 192.63g (64.21%), Net Carbohydrates: 171.1g (62.22%), Sugar: 132.53g (147.26%), Cholesterol: 0mg (0%), Sodium: 41.53mg (1.81%), Alcohol: 141.47g (100%), Alcohol %: 9.96% (100%), Protein: 7.94g (15.88%), Vitamin C: 501.64mg (608.04%), Manganese: 8.65mg (432.7%), Fiber: 21.53g (86.12%), Copper: 1.31mg (65.67%), Vitamin B6: 1.21mg (60.65%), Vitamin B1: 0.87mg (58.22%), Folate: 187.59µg (46.9%), Potassium: 1633.88mg (46.68%), Magnesium: 151.49mg (37.87%), Iron: 6.4mg (35.54%), Vitamin B3: 5.36mg (26.78%), Vitamin B5: 2.64mg (26.45%), Vitamin B2: 0.42mg (24.94%), Calcium: 224.74mg (22.47%), Phosphorus: 173.87mg (17.39%), Vitamin A: 777.35IU (15.55%), Zinc: 1.74mg (11.61%), Vitamin K: 10.49µg (9.99%), Vitamin E: 0.72mg (4.82%), Selenium: 2.17µg (3.09%)