

Sweet Seduction

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 fluid ounce banana liqueur
- 1 tablespoon grenadine syrup
- 2 servings ice cubes
- 0.5 cup pineapple juice
- 1 fluid ounce malibu rum

Equipment

Directions

- Measure the rum, banana liqueur and pineapple juice into a cocktail shaker.
- Add a generous scoop of ice. Cover and shake until the outside is frosty, about 30 seconds. Strain into a glass filled with ice and gently pour the grenadine on top. It should float.

Nutrition Facts

 PROTEIN **1.04%**  FAT **0.78%**  CARBS **98.18%**

Properties

Glycemic Index:80.5, Glycemic Load:10.13, Inflammation Score:-2, Nutrition Score:1.8743478336736%

Nutrients (% of daily need)

Calories: 146.61kcal (7.33%), Fat: 0.07g (0.11%), Saturated Fat: 0g (0.03%), Carbohydrates: 20.09g (6.7%), Net Carbohydrates: 19.98g (7.26%), Sugar: 16.3g (18.11%), Cholesterol: 0mg (0%), Sodium: 6.83mg (0.3%), Alcohol: 8.69g (100%), Alcohol %: 7.12% (100%), Protein: 0.21g (0.42%), Manganese: 0.3mg (15%), Vitamin C: 5.9mg (7.15%), Vitamin B6: 0.06mg (2.96%), Copper: 0.06mg (2.77%), Folate: 10.62µg (2.65%), Vitamin B1: 0.04mg (2.34%), Potassium: 79.8mg (2.28%), Magnesium: 8.04mg (2.01%), Iron: 0.19mg (1.08%)