



Tanning Bed Drink



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1 min.

SERVINGS



1

CALORIES



32 kcal

BEVERAGE

DRINK

Ingredients



1.5 fluid ounce jigger coconut rum flavored



1 maraschino cherry



1.5 fluid ounce jigger pineapple juice

Equipment

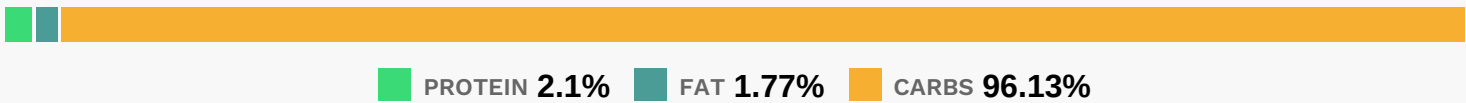
Directions



In a rocks glass, pour coconut rum over ice.

- ☐ Pour pineapple juice to top.
- ☐ Garnish with maraschino cherry.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:2.59, Inflammation Score:-2, Nutrition Score:1.4221739205329%

Nutrients (% of daily need)

Calories: 31.76kcal (1.59%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 7.56g (2.75%), Sugar: 6.37g (7.07%), Cholesterol: 0mg (0%), Sodium: 1.09mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.34%), Manganese: 0.22mg (11.21%), Vitamin C: 4.44mg (5.38%), Vitamin B6: 0.04mg (2.23%), Folate: 7.98µg (2%), Copper: 0.04mg (1.89%), Vitamin B1: 0.03mg (1.72%), Potassium: 58.71mg (1.68%), Magnesium: 5.52mg (1.38%)