

Texas Hurricane

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



418 kcal

BEVERAGE

DRINK

Ingredients

- 1 fluid ounce frangelico flavored
- 1 fluid ounce hendrick's gin
- 1 fluid ounce grenadine syrup
- 1 cup ice crushed
- 2 fluid ounces orange juice
- 1 fluid ounce pineapple juice
- 1 fluid ounce rum
- 1 fluid ounce triple sec orange-flavored (liqueur)

1 fluid ounce vodka

Equipment

drinking straws

Directions

Fill a hurricane glass with ice.

Pour in the rum, coconut rum, vodka, gin, triple sec, orange juice, pineapple juice, and grenadine. Stir well with a bar spoon, then pour the 151 rum over the back of the spoon to float the liquor on top of the drink.

Garnish the glass with orange, lime, and a cherry.

Sip with a straw from the bottom for a 'sneak up on you' punch or sip from the top for a 'knock you down' twister.

Nutrition Facts

 **PROTEIN 1.36%** **FAT 1.35%** **CARBS 97.29%**

Properties

Glycemic Index:243, Glycemic Load:24.65, Inflammation Score:-6, Nutrition Score:3.9856521837089%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 7.07mg, Hesperetin: 7.07mg, Hesperetin: 7.07mg, Hesperetin: 7.07mg Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 417.53kcal (20.88%), Fat: 0.24g (0.37%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 39.26g (13.09%), Net Carbohydrates: 39.09g (14.21%), Sugar: 31.21g (34.67%), Cholesterol: 0mg (0%), Sodium: 24.25mg (1.05%), Alcohol: 37.32g (100%), Alcohol %: 9.41% (100%), Caffeine: 7.69mg (2.56%), Protein: 0.55g (1.1%), Vitamin C: 32.53mg (39.43%), Manganese: 0.17mg (8.65%), Copper: 0.12mg (5.96%), Folate: 23.06µg (5.77%), Vitamin B1: 0.08mg (5.11%), Potassium: 175.35mg (5.01%), Magnesium: 14.49mg (3.62%), Vitamin B6: 0.05mg (2.69%), Vitamin A: 119.76IU (2.4%), Vitamin B2: 0.03mg (2.05%), Calcium: 19.52mg (1.95%), Phosphorus: 19.22mg (1.92%), Vitamin B3: 0.35mg (1.73%), Iron: 0.27mg (1.49%), Vitamin B5: 0.13mg (1.29%), Zinc: 0.16mg (1.04%)