

## The Grape Ape Bowla

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

5 min.

SERVINGS

servings

6

CALORIES

calories

206 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 0.3 cup hendrick's gin
- ☐ 1.5 cups grape juice
- ☐ 3 cups ice cubes
- ☐ 1.5 cups lemon lime soda
- ☐ 4 lime wedges
- ☐ 1 cup grapes red
- ☐ 0.3 cup rum
- ☐ 0.3 cup triple sec

☐ 0.3 cup vodka

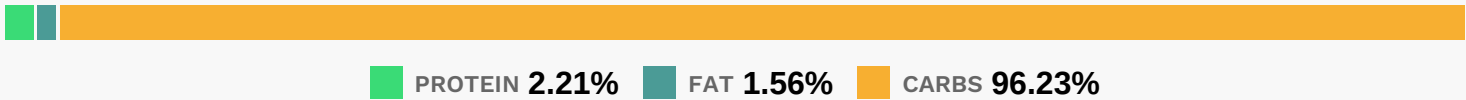
Equipment

☐ bowl

Directions

- ☐ In large bowl or fish bowl, pour ingredients over ice, stir and garnish with grapes and lime wedges.
- ☐ Serve with long straws.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:2.29, Inflammation Score:-3, Nutrition Score:2.0539130348226%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Petunidin: 0.65mg, Petunidin: 0.65mg, Petunidin: 0.65mg, Petunidin: 0.65mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 7.07mg, Malvidin: 7.07mg, Malvidin: 7.07mg, Malvidin: 7.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Hesperetin: 5.16mg, Hesperetin: 5.16mg, Hesperetin: 5.16mg, Hesperetin: 5.16mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 205.79kcal (10.29%), Fat: 0.18g (0.27%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 24.47g (8.16%), Net Carbohydrates: 23.78g (8.65%), Sugar: 22.26g (24.74%), Cholesterol: 0mg (0%), Sodium: 16.91mg (0.74%), Alcohol: 15.92g (100%), Alcohol %: 6.16% (100%), Caffeine: 11.41mg (3.8%), Protein: 0.56g (1.12%), Manganese: 0.18mg (8.82%), Vitamin C: 4.36mg (5.29%), Copper: 0.08mg (4.05%), Vitamin K: 4µg (3.81%), Potassium: 130.29mg (3.72%), Fiber: 0.69g (2.76%), Magnesium: 10.87mg (2.72%), Vitamin B6: 0.05mg (2.37%), Vitamin B1: 0.03mg (2.29%), Iron: 0.35mg (1.95%), Vitamin B2: 0.03mg (1.92%), Phosphorus: 18.37mg (1.84%), Calcium: 18.26mg (1.83%)