

## The Tiger Paw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 fluid ounce pineapple juice
- 1 fluid ounce southern comfort liqueur
- 1 fluid ounce raspberry wine

### Equipment

### Directions

In a cocktail shaker filled with ice, shake the Southern Comfort liqueur, pineapple juice, and raspberry wine until well blended. Strain into a martini glass, and garnish with a slice of fruit.

## Nutrition Facts

**PROTEIN 1.69%** **FAT 1.06%** **CARBS 97.25%**

### Properties

Glycemic Index:61, Glycemic Load:1.84, Inflammation Score:-2, Nutrition Score:1.203478243283%

### Nutrients (% of daily need)

Calories: 105.27kcal (5.26%), Fat: 0.04g (0.05%), Saturated Fat: 0g (0.01%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 7.24g (2.63%), Sugar: 3.18g (3.54%), Cholesterol: 0mg (0%), Sodium: 2.07mg (0.09%), Alcohol: 10.76g (100%), Alcohol %: 15.38% (100%), Protein: 0.13g (0.25%), Manganese: 0.19mg (9.28%), Vitamin C: 2.96mg (3.58%), Vitamin B6: 0.05mg (2.28%), Potassium: 67.72mg (1.93%), Magnesium: 6.8mg (1.7%), Folate: 5.62µg (1.4%), Vitamin B1: 0.02mg (1.24%), Iron: 0.2mg (1.12%), Copper: 0.02mg (1.12%)