

Tides Royale

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



83 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon rum
- 2 ounces frangelico
- 1 ounce jigger melon liqueur
- 3 ounces pineapple juice

Equipment

Directions

- Combine rum, Midori, and pineapple juice in a shaker with ice. Shake and strain into 2 chilled glasses.
- Add 1/2 tablespoon Chambord (it will sink to the bottom) to each glass.
- Garnish, if desired.

Nutrition Facts

PROTEIN 2.94% **FAT 1.21%** **CARBS 95.85%**

Properties

Glycemic Index:23, Glycemic Load:2.48, Inflammation Score:-2, Nutrition Score:1.3134782552395%

Nutrients (% of daily need)

Calories: 83.48kcal (4.17%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 13.01g (4.73%), Sugar: 11.81g (13.13%), Cholesterol: 0mg (0%), Sodium: 1.45mg (0.06%), Alcohol: 4.32g (100%), Alcohol %: 5.91% (100%), Protein: 0.4g (0.8%), Manganese: 0.22mg (10.78%), Vitamin C: 4.25mg (5.15%), Vitamin B6: 0.04mg (2.13%), Folate: 7.65µg (1.91%), Vitamin B1: 0.03mg (1.66%), Potassium: 57.53mg (1.64%), Copper: 0.03mg (1.62%), Magnesium: 5.33mg (1.33%)