

cocktail concoctions

Time for a Drink: Rum and Coconut Water



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



153 kcal

BEVERAGE

DRINK

Ingredients



4 ounces coconut water chilled



2 ounces rum

Equipment



drinking straws

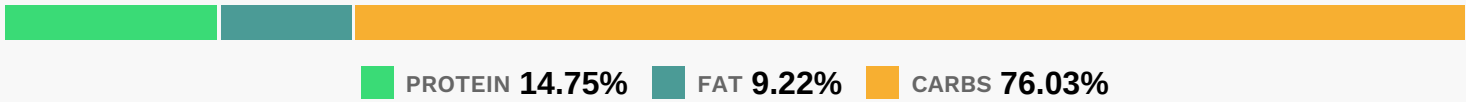
Directions



Fill a highball glass with ice.

Add rum, top with coconut water. Insert straw. Relax.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:1.63, Inflammation Score:-3, Nutrition Score:2.3791304593501%

Nutrients (% of daily need)

Calories: 152.52kcal (7.63%), Fat: 0.23g (0.35%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 2.96g (1.08%), Sugar: 2.96g (3.29%), Cholesterol: 0mg (0%), Sodium: 119.64mg (5.2%), Alcohol: 18.94g (100%), Alcohol %: 14.11% (100%), Protein: 0.82g (1.63%), Manganese: 0.17mg (8.56%), Potassium: 284.63mg (8.13%), Magnesium: 28.35mg (7.09%), Fiber: 1.25g (4.99%), Vitamin B2: 0.07mg (3.94%), Vitamin C: 2.72mg (3.3%), Copper: 0.06mg (2.86%), Calcium: 27.22mg (2.72%), Vitamin B1: 0.04mg (2.49%), Phosphorus: 24.95mg (2.49%), Iron: 0.35mg (1.95%), Vitamin B6: 0.04mg (1.84%), Selenium: 1.13µg (1.62%)