



Tropical Passion Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



353 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups apple juice
- 1 liter seltzer water for serving
- 4 servings mint leaves fresh for garnish
- 4 servings ice cubes
- 0.3 cup juice of lime fresh
- 0.3 cup orange liqueur (recommended: Triple Sec)
- 1 cup passion fruit juice
- 1 cup vodka chilled

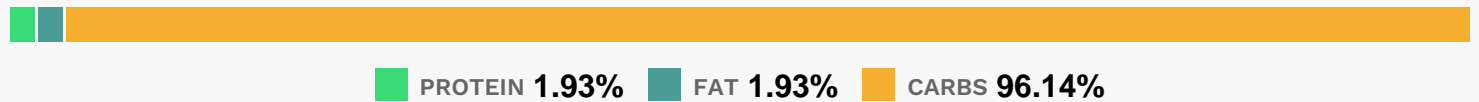
2 cups grape juice white

Equipment

Directions

- To a large martini shaker filled with ice, add the Big Daddy's Tropical Passion Mocktail, vodka, lime juice and orange liqueur. Shake well to combine, about 30 seconds.
- Pour the cocktail into 4 ice-filled glasses.
- Garnish each glass with fresh mint and serve immediately.
- To a large pitcher, add the juices and stir to combine.
- Pour the juice into 7 ice-filled glasses and top off with club soda.

Nutrition Facts



Properties

Glycemic Index:13.94, Glycemic Load:5.61, Inflammation Score:-6, Nutrition Score:5.8208696064742%

Flavonoids

Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg Petunidin: 1.29mg, Petunidin: 1.29mg, Petunidin: 1.29mg, Petunidin: 1.29mg Delphinidin: 2.43mg, Delphinidin: 2.43mg, Delphinidin: 2.43mg, Delphinidin: 2.43mg Malvidin: 14.13mg, Malvidin: 14.13mg, Malvidin: 14.13mg, Malvidin: 14.13mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 1.34mg, Peonidin: 1.34mg, Peonidin: 1.34mg, Peonidin: 1.34mg Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg Epicatechin: 6.55mg, Epicatechin: 6.55mg, Epicatechin: 6.55mg, Epicatechin: 6.55mg Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 352.94kcal (17.65%), Fat: 0.42g (0.65%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 47.27g (15.76%), Net Carbohydrates: 46.5g (16.91%), Sugar: 43.17g (47.97%), Cholesterol: 0mg (0%), Sodium: 72.68mg (3.16%), Alcohol: 23.88g (100%), Alcohol %: 4.27% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.95g (1.9%), Vitamin C:

24.5mg (29.7%), Manganese: 0.41mg (20.68%), Potassium: 461.88mg (13.2%), Vitamin A: 504.15IU (10.08%), Magnesium: 34.86mg (8.72%), Vitamin B2: 0.13mg (7.76%), Vitamin B3: 1.22mg (6.1%), Copper: 0.11mg (5.68%), Vitamin B6: 0.1mg (5.04%), Calcium: 45.18mg (4.52%), Phosphorus: 41.15mg (4.11%), Iron: 0.72mg (3.99%), Vitamin B1: 0.06mg (3.72%), Fiber: 0.76g (3.06%), Zinc: 0.43mg (2.85%), Folate: 6.97µg (1.74%), Vitamin B5: 0.14mg (1.43%)