



Tropical Storm



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



246 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

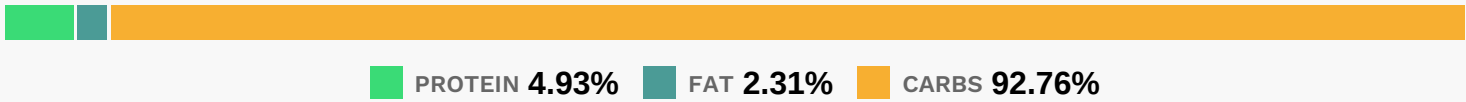
- ☐ 3 tablespoons campari
- ☐ 8 servings maraschino cherries
- ☐ 8 servings cranberry-orange relish
- ☐ 2 cups orange juice
- ☐ 2 cups pineapple juice fresh
- ☐ 0.8 cup rum dark high-proof
- ☐ 1 cup rum white

Equipment

Directions

- ☐ Mix 2 cups fresh pineapple juice, 2 cups orange juice, 1 cup white rum, 3/4 cup high-proof dark rum, and 3 tablespoons Campari in a pitcher. Cover; chill for 4–12 hours. Divide among ice-filled glasses.
- ☐ Garnish with orange wedges and maraschino cherries.

Nutrition Facts



Properties

Glycemic Index: 21.31, Glycemic Load: 10.32, Inflammation Score: -7, Nutrition Score: 9.3169565615447%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 31.93mg, Hesperetin: 31.93mg, Hesperetin: 31.93mg, Hesperetin: 31.93mg Naringenin: 15.11mg, Naringenin: 15.11mg, Naringenin: 15.11mg, Naringenin: 15.11mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 246.01kcal (12.3%), Fat: 0.31g (0.48%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 28.28g (9.43%), Net Carbohydrates: 25.72g (9.35%), Sugar: 21.45g (23.83%), Cholesterol: 0mg (0%), Sodium: 2.53mg (0.11%), Alcohol: 18.81g (100%), Alcohol %: 8.7% (100%), Protein: 1.5g (3.01%), Vitamin C: 84.78mg (102.76%), Manganese: 0.34mg (16.93%), Folate: 56.22µg (14.05%), Vitamin B1: 0.17mg (11.43%), Potassium: 365.7mg (10.45%), Fiber: 2.56g (10.25%), Vitamin B6: 0.14mg (6.93%), Vitamin A: 331.7IU (6.63%), Copper: 0.13mg (6.33%), Magnesium: 23.1mg (5.78%), Calcium: 53.19mg (5.32%), Vitamin B2: 0.07mg (4.06%), Vitamin B5: 0.38mg (3.79%), Vitamin B3: 0.63mg (3.13%), Phosphorus: 30.11mg (3.01%), Iron: 0.44mg (2.44%), Vitamin E: 0.2mg (1.34%), Zinc: 0.19mg (1.29%)