



Tropical Temptation



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



332 kcal

BEVERAGE

DRINK

Ingredients

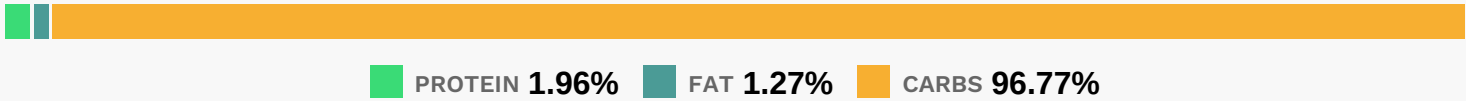
- ☐ 1 serving club soda
- ☐ 0.5 shot grenadine syrup
- ☐ 1 serving splash lemon juice
- ☐ 1 serving pineapple wedge for garnish
- ☐ 1 shot pineapple juice
- ☐ 2 shots pineapple tequila (recommended: Jose Cuervo)

Equipment

Directions

- ☐
- Watch how to make this recipe.
- ☐
- Pour tequila, pineapple juice, lemon juice, and grenadine into a glass filled with ice. Top with club soda and garnish with a pineapple wedge.

Nutrition Facts



Properties

Glycemic Index:219.67, Glycemic Load:23.09, Inflammation Score:-5, Nutrition Score:7.3800000263297%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 332.45kcal (16.62%), Fat: 0.19g (0.29%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 32.39g (10.8%), Net Carbohydrates: 31.1g (11.31%), Sugar: 23.26g (25.84%), Cholesterol: 0mg (0%), Sodium: 8.95mg (0.39%), Alcohol: 29.63g (100%), Alcohol %: 14.8% (100%), Protein: 0.66g (1.32%), Vitamin C: 49.68mg (60.21%), Manganese: 1.01mg (50.31%), Copper: 0.15mg (7.41%), Vitamin B6: 0.14mg (7.23%), Vitamin B1: 0.1mg (6.66%), Folate: 25.83µg (6.46%), Fiber: 1.29g (5.15%), Potassium: 171.05mg (4.89%), Magnesium: 17.02mg (4.26%), Vitamin B3: 0.53mg (2.63%), Vitamin B2: 0.04mg (2.57%), Iron: 0.44mg (2.42%), Vitamin B5: 0.22mg (2.2%), Calcium: 18.77mg (1.88%), Phosphorus: 15.78mg (1.58%), Zinc: 0.22mg (1.47%), Vitamin A: 50.97IU (1.02%)