



## Upgraded Prairie Fire

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



1

CALORIES



818 kcal

SIDE DISH

## Ingredients

- 2 thai chile fresh red seeds removed sliced in half,
- 1 thai chile
- 0.3 ounce coconut or
- 0.5 ounce juice of lime fresh
- 0.5 ounce pineapple juice fresh ( preferred)
- 1 cup sugar
- 0.8 ounce thai chile
- 1 cup water

# Equipment

- sauce pan

# Directions

- Place the sliced and seeded chilies in a saucepan with the water and sugar on medium heat. Stir to combine and bring to a boil. Once boiled turn the heat off and add pineapple chunks. Allow to infuse for 10 minutes.
- Remove the chilies and allow the pineapples to infuse for an additional 50 minutes. Strain. Pineapple chili syrup can be stored in a sealed container in the refrigerator for up to 1 week.
- Add pisco, lime juice, pineapple juice, coconut liqueur, and chili pineapple syrup to a cocktail shaker. Fill shaker with ice and shake until well chilled, about 15 seconds. Strain into an ice-filled highball glass.
- Garnish with a chili if desired.

# Nutrition Facts

**PROTEIN 0.44%** **FAT 3.26%** **CARBS 96.3%**

# Properties

Glycemic Index:126.09, Glycemic Load:140.49, Inflammation Score:-4, Nutrition Score:7.57304351744444%

# Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

# Nutrients (% of daily need)

Calories: 818.25kcal (40.91%), Fat: 3.1g (4.77%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 206.16g (68.72%), Net Carbohydrates: 204.98g (74.54%), Sugar: 203.24g (225.82%), Cholesterol: 0mg (0%), Sodium: 17.93mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin C: 79.29mg (96.11%), Manganese: 0.26mg (13%), Copper: 0.15mg (7.45%), Vitamin A: 364.59IU (7.29%), Vitamin B6: 0.11mg (5.38%), Potassium: 167.13mg (4.78%), Fiber: 1.18g (4.71%), Vitamin K: 4.47µg (4.26%), Vitamin B2: 0.07mg (4.22%), Iron: 0.69mg (3.84%), Magnesium: 15.03mg (3.76%), Folate: 12.77µg (3.19%), Selenium: 2.1µg (2.99%), Vitamin B1: 0.04mg (2.91%), Phosphorus: 25.05mg (2.5%), Calcium: 19.36mg (1.94%), Vitamin B3: 0.37mg (1.87%), Vitamin E: 0.26mg (1.73%),

Zinc: 0.24mg (1.6%)