



Zombie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



448 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 ounce apricot brandy
- ☐ 1 tablespoon brown sugar
- ☐ 1 ounce crème de banane
- ☐ 1 ounce rum dark
- ☐ 1 serving tropical fruit for garnish
- ☐ 0.3 ounce grenadine syrup
- ☐ 1 ounce juice of lemon fresh
- ☐ 1 ounce rum light

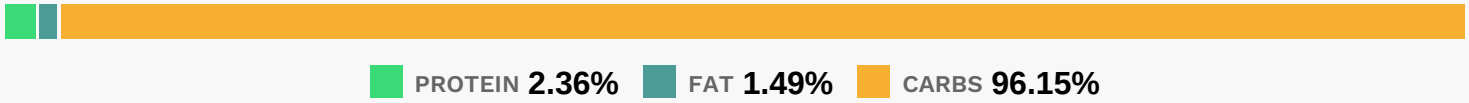
- ☐ 1 ounce juice of lime fresh
- ☐ 1 ounce pineapple juice
- ☐ 0.5 ounce proof rum
- ☐ 1 ounce gold rum

Equipment

Directions

- ☐ Fill a shaker with ice.
- ☐ Pour in all the liquid ingredients except the 151-proof rum. Shake; strain into an ice-filled highball glass.
- ☐ Pour the 151-proof rum over the back of a spoon, floating it on top. Stir gently.
- ☐ Garnish with mint.

Nutrition Facts



Properties

Glycemic Index:275.78, Glycemic Load:9.53, Inflammation Score:-6, Nutrition Score:6.0386956204539%

Flavonoids

Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 2mg, Eriodictyol: 2mg, Eriodictyol: 2mg, Eriodictyol: 2mg Hesperetin: 6.65mg, Hesperetin: 6.65mg, Hesperetin: 6.65mg, Hesperetin: 6.65mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 447.67kcal (22.38%), Fat: 0.33g (0.51%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 48.33g (16.11%), Net Carbohydrates: 45.44g (16.52%), Sugar: 35.75g (39.72%), Cholesterol: 0mg (0%), Sodium: 14.03mg (0.61%), Alcohol: 37.88g (100%), Alcohol %: 13.17% (100%), Protein: 1.19g (2.38%), Vitamin C: 27.38mg (33.19%), Manganese: 0.29mg (14.4%), Fiber: 2.89g (11.55%), Potassium: 326.39mg (9.33%), Vitamin B6: 0.18mg (9.06%), Copper: 0.17mg (8.7%), Vitamin A: 393.31IU (7.87%), Magnesium: 22.31mg (5.58%), Vitamin K: 5.85µg (5.57%), Folate: 21.77µg (5.44%), Vitamin B2: 0.07mg (4.05%), Vitamin B3: 0.8mg (4.02%), Vitamin B1: 0.06mg (4.01%), Iron: 0.71mg (3.95%),

Phosphorus: 34.26mg (3.43%), Calcium: 27.08mg (2.71%), Vitamin B5: 0.25mg (2.47%), Zinc: 0.28mg (1.84%)