



Zombie Mix

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup brandy
- 0.3 cup grenadine syrup
- 0.5 cup juice of lime fresh
- 1 cup passion fruit juice
- 2 cups pineapple juice

Equipment

Directions

Combine all ingredients in a large jar; stir until well blended.

Nutrition Facts

PROTEIN 1.95% **FAT 1.07%** **CARBS 96.98%**

Properties

Glycemic Index:40.25, Glycemic Load:20.26, Inflammation Score:-6, Nutrition Score:6.9343477992908%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 293.8kcal (14.69%), Fat: 0.19g (0.3%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 39.51g (13.17%), Net Carbohydrates: 39.03g (14.19%), Sugar: 29.87g (33.19%), Cholesterol: 0mg (0%), Sodium: 12.67mg (0.55%), Alcohol: 20.04g (100%), Alcohol %: 8.76% (100%), Protein: 0.79g (1.59%), Vitamin C: 39.28mg (47.61%), Manganese: 0.61mg (30.55%), Potassium: 367.26mg (10.49%), Vitamin A: 463.77IU (9.28%), Vitamin B6: 0.16mg (8.05%), Folate: 28.59µg (7.15%), Copper: 0.14mg (7.01%), Magnesium: 27.88mg (6.97%), Vitamin B2: 0.11mg (6.74%), Vitamin B3: 1.19mg (5.94%), Vitamin B1: 0.08mg (5.31%), Iron: 0.58mg (3.2%), Phosphorus: 24.9mg (2.49%), Calcium: 23.25mg (2.32%), Fiber: 0.48g (1.92%), Zinc: 0.23mg (1.57%), Vitamin B5: 0.1mg (1.03%)