

# Hurricane Run

*Publix Liquors*

## Servings: 1

*1 1/2 ounces Amaretto liqueur*  
*2 ounces rum*  
*6 ounces orange juice*  
*6 ounces pineapple juice*  
*1 teaspoon lemon juice*  
*1 dash grenadine*  
*orange slice (for garnish)*  
*cherry (for garnish)*

Fill a hurricane glass with ice.

Pour in the Amaretto, rum, orange juice, pineapple juice and lemon juice. Stir.

Top with grenadine.

Garnish with an orange slice and a cherry.

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Per Serving (excluding unknown items): 306 Calories; trace Fat (2.4% calories from fat); 2g Protein; 42g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 3 Fruit; 0 Other Carbohydrates.

## Beverages

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	306
<b>% Calories from Fat:</b>	2.4%
<b>% Calories from Carbohydrates:</b>	93.7%
<b>% Calories from Protein:</b>	3.9%
<b>Total Fat (g):</b>	trace
<b>Saturated Fat (g):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace
<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	42g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	2g
<b>Sodium (mg):</b>	4mg
<b>Potassium (mg):</b>	576mg
<b>Calcium (mg):</b>	48mg
<b>Iron (mg):</b>	1mg

<b>Vitamin B6 (mg):</b>	.2mg
<b>Vitamin B12 (mcg):</b>	0mcg
<b>Thiamin B1 (mg):</b>	.2mg
<b>Riboflavin B2 (mg):</b>	.1mg
<b>Folacin (mcg):</b>	134mcg
<b>Niacin (mg):</b>	1mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	131
<b>% Refuse:</b>	0.0%

### Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	3
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	0

Zinc (mg): trace  
Vitamin C (mg): 106mg  
Vitamin A (i.u.): 350IU  
Vitamin A (r.e.): 86RE

Other Carbohydrates: 0

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## Nutrition Facts

Servings per Recipe: 1

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### Amount Per Serving

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**Calories** 306 Calories from Fat: 7

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**% Daily Values\***

<b>Total Fat</b>	trace	1%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	4mg	0%
<b>Total Carbohydrates</b>	42g	14%
Dietary Fiber	1g	2%
<b>Protein</b>	2g	

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<b>Vitamin A</b>	7%
<b>Vitamin C</b>	177%
<b>Calcium</b>	5%
<b>Iron</b>	5%

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\* Percent Daily Values are based on a 2000 calorie diet.