

Avocado Daiquiri



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



260 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 medium ripe avocado pitted peeled
- ☐ 0.5 ounce half-and-half
- ☐ 1.5 cups ice cubes
- ☐ 0.5 ounce juice of lemon fresh
- ☐ 2 ounces rum light
- ☐ 0.5 ounce juice of lime fresh
- ☐ 2 ounces gold rum
- ☐ 2 ounces simple syrup glaze

Equipment

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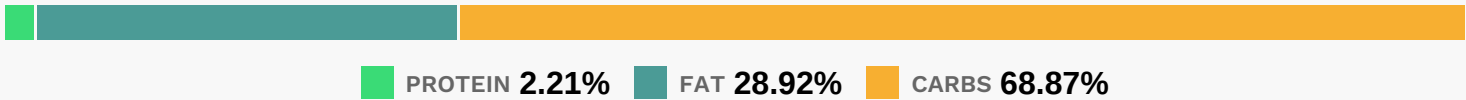
blender

Directions

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Combine ingredients in blender and blend on high until just smooth, about 20 seconds. Divide mixture between two cocktail glasses and serve.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:3.4691304318283%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 260.05kcal (13%), Fat: 4.53g (6.97%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 22.54g (8.19%), Sugar: 21.51g (23.9%), Cholesterol: 2.48mg (0.83%), Sodium: 32.18mg (1.4%), Alcohol: 18.94g (100%), Alcohol %: 7.77% (100%), Protein: 0.78g (1.56%), Vitamin C: 7.45mg (9.02%), Fiber: 1.73g (6.93%), Iron: 1.2mg (6.65%), Folate: 22.69µg (5.67%), Vitamin K: 5.41µg (5.15%), Copper: 0.1mg (4.87%), Potassium: 165.8mg (4.74%), Vitamin B1: 0.06mg (4.18%), Vitamin B2: 0.07mg (3.99%), Vitamin B5: 0.39mg (3.87%), Vitamin E: 0.56mg (3.76%), Vitamin B6: 0.07mg (3.73%), Magnesium: 13.6mg (3.4%), Phosphorus: 25.89mg (2.59%), Vitamin B3: 0.5mg (2.49%), Manganese: 0.05mg (2.4%), Calcium: 21.02mg (2.1%), Zinc: 0.29mg (1.95%), Vitamin A: 65.74IU (1.31%)