



## Banana-Strawberry Daiquiri

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



389 kcal

BEVERAGE

DRINK

### Ingredients

- 1 medium banana very ripe
- 0.3 cup cream of coconut
- 0.5 cup pineapple juice
- 10 oz strawberries in syrup frozen thawed
- 0.5 cup rum
- 1 cup strawberries frozen thawed

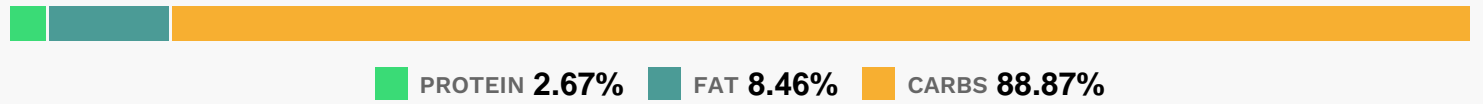
### Equipment

- blender

# Directions

- Puree 10-oz. box strawberries in a blender until smooth. Divide strawberry puree evenly among 4 tall glasses.
- Place ice in blender; add 1 cup strawberries and next 4 ingredients. Process until smooth.
- Pour banana-strawberry mixture evenly over strawberry puree in glasses.
- "Warm" Ice: Slightly melted ice blends a better drink, Ernie says. He suggests letting the ice sit out at room temperature for about 30 minutes before using. "It should be wet to the touch without sticking to your fingers," he explains.

# Nutrition Facts



# Properties

Glycemic Index:38.94, Glycemic Load:5.8, Inflammation Score:-3, Nutrition Score:4.6591303944588%

# Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

# Nutrients (% of daily need)

Calories: 388.5kcal (19.43%), Fat: 3.32g (5.11%), Saturated Fat: 2.82g (17.6%), Carbohydrates: 78.55g (26.18%), Net Carbohydrates: 76.39g (27.78%), Sugar: 62.82g (69.8%), Cholesterol: 0mg (0%), Sodium: 61.12mg (2.66%), Alcohol: 10.02g (100%), Alcohol %: 5.92% (100%), Protein: 2.36g (4.71%), Vitamin C: 26.68mg (32.34%), Manganese: 0.37mg (18.63%), Fiber: 2.16g (8.65%), Vitamin B6: 0.16mg (7.75%), Calcium: 58.32mg (5.83%), Potassium: 199.64mg (5.7%), Folate: 19.85µg (4.96%), Magnesium: 16.18mg (4.05%), Copper: 0.07mg (3.35%), Vitamin B1: 0.04mg (2.45%),

Vitamin B2: 0.04mg (2.17%), Vitamin B3: 0.4mg (1.99%), Phosphorus: 18.69mg (1.87%), Iron: 0.33mg (1.82%), Vitamin B5: 0.16mg (1.6%)