

# Basic Daiquiri



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



128 kcal

BEVERAGE

DRINK

## Ingredients

- 2 cups ice cubes
- 3 fluid ounces rum light
- 1.5 tablespoons juice of lime
- 1 tablespoon granulated sugar white

## Equipment

- blender

## Directions

- Pour the rum, lime juice, sugar and ice into the container of a blender. Blend for 10 seconds, or until ice is fine.
- Pour into two daiquiri glasses.

## Nutrition Facts

**PROTEIN 0.67%** **FAT 0.87%** **CARBS 98.46%**

## Properties

Glycemic Index:42.55, Glycemic Load:4.19, Inflammation Score:-2, Nutrition Score:0.52347826779537%

## Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 128.37kcal (6.42%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.01%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 6.88g (2.5%), Sugar: 6.18g (6.86%), Cholesterol: 0mg (0%), Sodium: 12.56mg (0.55%), Alcohol: 14.81g (100%), Alcohol %: 6.3% (100%), Protein: 0.05g (0.09%), Vitamin C: 3.38mg (4.09%), Copper: 0.05mg (2.53%)