

Basil Lime Daiquiri

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



174 kcal

BEVERAGE

DRINK

Ingredients

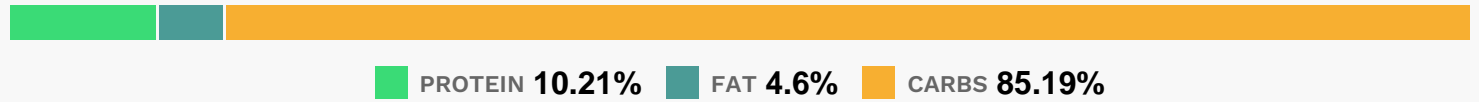
- 1.5 cups basil leaves plus more for garnish
- 2 teaspoons brown sugar light
- 2 ounces rum light
- 0.5 ounce juice of lime fresh
- 1 serving lime wedges for garnish
- 0.5 cup water

Equipment

Directions

☐ Simmer water with basil leaves until reduced to 2 1/2 tablespoons. Strain, then stir in light brown sugar and 1 teaspoon fresh lime juice. In a shaker half-filled with ice, combine the basil-lime syrup with light rum and 1/2 ounce fresh lime juice; shake. Strain into a chilled martini glass and garnish with basil and lime.

Nutrition Facts



Properties

Glycemic Index:117, Glycemic Load:0.29, Inflammation Score:-8, Nutrition Score:10.11000002208%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 173.5kcal (8.67%), Fat: 0.24g (0.37%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 9.44g (3.43%), Sugar: 8.12g (9.03%), Cholesterol: 0mg (0%), Sodium: 10.47mg (0.46%), Alcohol: 18.94g (100%), Alcohol %: 10.25% (100%), Protein: 1.21g (2.42%), Vitamin K: 149.49µg (142.37%), Vitamin A: 1906.59IU (38.13%), Manganese: 0.43mg (21.56%), Vitamin C: 11.02mg (13.36%), Copper: 0.18mg (8.88%), Calcium: 76.22mg (7.62%), Iron: 1.24mg (6.89%), Magnesium: 26.14mg (6.53%), Folate: 26.06µg (6.51%), Potassium: 135.58mg (3.87%), Vitamin B6: 0.07mg (3.27%), Fiber: 0.66g (2.64%), Phosphorus: 24.91mg (2.49%), Zinc: 0.34mg (2.27%), Vitamin E: 0.32mg (2.14%), Vitamin B2: 0.03mg (1.88%), Vitamin B3: 0.36mg (1.82%), Vitamin B1: 0.02mg (1.3%), Vitamin B5: 0.11mg (1.05%)