



Berry daiquiri



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



299 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 175 g strawberries ripe
- ☐ 6 ice cubes
- ☐ 0.5 juice of lime
- ☐ 1 tbsp juice of lemon
- ☐ 100 ml rum white
- ☐ 1 small lime

Equipment

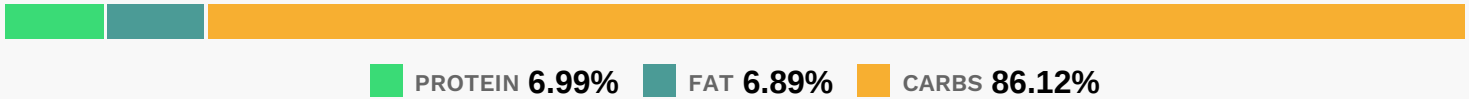
- ☐ sieve

☐ blender

Directions

- ☐ If using raspberries, blend these first to a pure then rub through a sieve to extract the pips. Put a handful of ice cubes in a powerful blender and crush.
- ☐ Add the berries or pulp, plus the lime and lemon juice and rum. Whizz again and pour into a chilled cocktail glass straight away. Decorate with a lime slice.

Nutrition Facts



Properties

Glycemic Index:87, Glycemic Load:4.15, Inflammation Score:-7, Nutrition Score:9.8513043160024%

Flavonoids

Cyanidin: 2.94mg, Cyanidin: 2.94mg, Cyanidin: 2.94mg, Cyanidin: 2.94mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 43.49mg, Pelargonidin: 43.49mg, Pelargonidin: 43.49mg, Pelargonidin: 43.49mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 5.44mg, Catechin: 5.44mg, Catechin: 5.44mg, Catechin: 5.44mg Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg Hesperetin: 6.53mg, Hesperetin: 6.53mg, Hesperetin: 6.53mg, Hesperetin: 6.53mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 299.48kcal (14.97%), Fat: 0.59g (0.9%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 12.67g (4.61%), Sugar: 9.31g (10.34%), Cholesterol: 0mg (0%), Sodium: 7.55mg (0.33%), Alcohol: 33.88g (100%), Alcohol %: 10.8% (100%), Protein: 1.34g (2.67%), Vitamin C: 115.24mg (139.69%), Manganese: 0.7mg (34.94%), Fiber: 3.8g (15.2%), Folate: 47.06µg (11.77%), Potassium: 309.92mg (8.85%), Magnesium: 26.11mg (6.53%), Copper: 0.13mg (6.49%), Phosphorus: 50.62mg (5.06%), Vitamin B6: 0.1mg (4.94%), Iron: 0.83mg (4.59%), Vitamin E: 0.58mg (3.86%), Vitamin B1: 0.06mg (3.84%), Vitamin K: 3.98µg (3.79%), Vitamin B3: 0.74mg (3.69%), Calcium:

35.83mg (3.58%), Vitamin B2: 0.05mg (2.85%), Vitamin B5: 0.27mg (2.72%), Zinc: 0.32mg (2.14%), Selenium: 0.76µg (1.08%)