



Bing Cherry Daiquiri

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



134 kcal

BEVERAGE

DRINK

Ingredients


- 0.5 juice of lime fresh juiced
- 1 lime wheel
- 2 bar spoons powdered sugar
- 1.5 fluid ounces bing cherry infused cruzan rum light

Equipment

Directions

Shake all ingredients until well chilled, strain into a cocktail glass, garnish with a lime wheel.

Nutrition Facts

 PROTEIN **4.77%**  FAT **2.92%**  CARBS **92.31%**

Properties

Glycemic Index:47, Glycemic Load:1.65, Inflammation Score:-4, Nutrition Score:2.7404347813648%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 30.16mg, Hesperetin: 30.16mg, Hesperetin: 30.16mg, Hesperetin: 30.16mg Naringenin: 2.34mg, Naringenin: 2.34mg, Naringenin: 2.34mg, Naringenin: 2.34mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 134.09kcal (6.7%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 8.36g (3.04%), Sugar: 3.34g (3.71%), Cholesterol: 0mg (0%), Sodium: 2.12mg (0.09%), Alcohol: 14.81g (100%), Alcohol %: 14.63% (100%), Protein: 0.53g (1.06%), Vitamin C: 24mg (29.09%), Fiber: 1.94g (7.74%), Copper: 0.06mg (2.85%), Potassium: 86.82mg (2.48%), Calcium: 24.23mg (2.42%), Iron: 0.43mg (2.41%), Vitamin B1: 0.03mg (1.77%), Vitamin B6: 0.04mg (1.75%), Folate: 6.86µg (1.72%), Vitamin B5: 0.16mg (1.64%), Phosphorus: 15.93mg (1.59%), Magnesium: 5.22mg (1.3%), Vitamin E: 0.18mg (1.2%), Vitamin B2: 0.02mg (1.05%)