



Blueberry Daiquiris



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



176 kcal

BEVERAGE

DRINK

Ingredients



1 cup blueberries



3 cups ice crushed



1 tablespoon juice of lemon fresh



3 tablespoons juice of lime fresh



0.5 cup rum



0.8 cup simple syrup glaze

Equipment



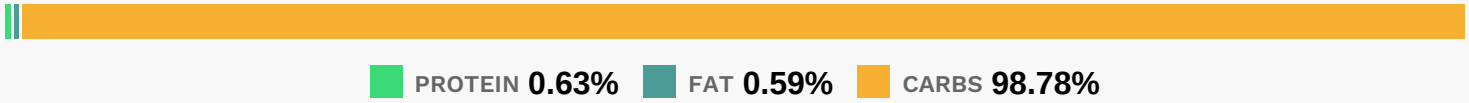
bowl

- ☐ sieve
- ☐ blender

Directions

- ☐ Combine first 3 ingredients in a blender, and process until smooth. Strain mixture through a sieve into a bowl, and discard solids.
- ☐ Combine blueberry mixture, 3 cups crushed ice, rum, and lime juice in blender, and process until smooth.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:1.19, Inflammation Score:-2, Nutrition Score:2.0656521605409%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 176kcal (8.8%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 35.19g (11.73%), Net Carbohydrates: 34.56g (12.57%), Sugar: 33.48g (37.2%), Cholesterol: 0mg (0%), Sodium: 30.97mg (1.35%), Alcohol: 6.68g (100%), Alcohol %: 3.94% (100%), Protein: 0.22g (0.45%), Iron: 1.6mg (8.9%), Vitamin C: 5.61mg (6.8%), Vitamin K: 4.81µg (4.58%), Vitamin B1: 0.07mg (4.5%), Manganese: 0.09mg (4.41%), Fiber: 0.63g (2.52%), Copper: 0.05mg (2.4%), Vitamin B2: 0.04mg (2.22%), Magnesium: 7.63mg (1.91%), Potassium: 57.28mg (1.64%), Calcium: 11.71mg (1.17%), Vitamin E: 0.16mg (1.07%)