



Classic Daiquiri

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



216 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup ice cubes
- 1.5 fluid ounces rum light
- 1 fluid ounce juice of lime
- 1 fluid ounce triple sec
- 1 teaspoon sugar white

Equipment

- blender

Directions

- Blend ice, rum, lime juice, triple sec, and 1 teaspoon sugar in a blender on the highest setting until smooth, 15 to 20 seconds.
- Pour into glass.
- Spread 2 tablespoons sugar in a thin layer onto a small plate. Rub lime wedge around the rim of a glass. Dip glass rim in sugar to coat.
- Pour blended beverage into the prepared glass to serve.

Nutrition Facts

 PROTEIN **0.94%**  FAT **1.67%**  CARBS **97.39%**

Properties

Glycemic Index:85.09, Glycemic Load:2.79, Inflammation Score:-3, Nutrition Score:1.111304341451%

Flavonoids

Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 216.33kcal (10.82%), Fat: 0.12g (0.19%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 15.88g (5.77%), Sugar: 14.01g (15.57%), Cholesterol: 0mg (0%), Sodium: 15.27mg (0.66%), Alcohol: 22.5g (100%), Alcohol %: 8.29% (100%), Caffeine: 7.69mg (2.56%), Protein: 0.15g (0.31%), Vitamin C: 8.87mg (10.75%), Copper: 0.07mg (3.36%), Magnesium: 5.62mg (1.4%), Potassium: 44.44mg (1.27%), Calcium: 11.57mg (1.16%)