



Classic Daiquiri



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



314 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup ice cubes
- ☐ 1.5 fluid ounces rum light
- ☐ 1 fluid ounce juice of lime
- ☐ 1 lime wedges
- ☐ 1 fluid ounce triple sec
- ☐ 1 teaspoon sugar white
- ☐ 2 tablespoons sugar white or as needed

Equipment

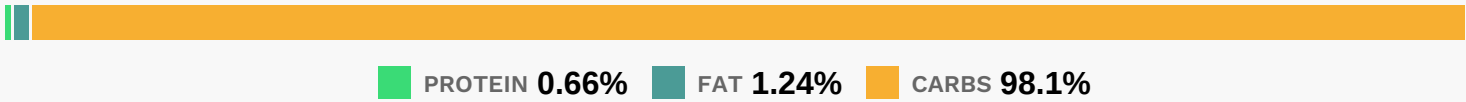
☐

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



Properties

Glycemic Index:187.18, Glycemic Load:19.99, Inflammation Score:-3, Nutrition Score:1.7517391520998%

Flavonoids

Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg Hesperetin: 10.39mg, Hesperetin: 10.39mg, Hesperetin: 10.39mg, Hesperetin: 10.39mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 314.13kcal (15.71%), Fat: 0.23g (0.36%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 41.79g (13.93%), Net Carbohydrates: 41.17g (14.97%), Sugar: 38.27g (42.52%), Cholesterol: 0mg (0%), Sodium: 15.87mg (0.69%), Alcohol: 22.5g (100%), Alcohol %: 7.39% (100%), Caffeine: 7.69mg (2.56%), Protein: 0.28g (0.56%), Vitamin C: 14.11mg (17.1%), Copper: 0.08mg (4.03%), Fiber: 0.62g (2.49%), Potassium: 63.28mg (1.81%), Calcium: 17.75mg (1.78%), Magnesium: 6.7mg (1.67%), Vitamin B1: 0.02mg (1.11%), Folate: 4.4µg (1.1%), Vitamin B2: 0.02mg (1.1%), Phosphorus: 10.93mg (1.09%), Manganese: 0.02mg (1.04%), Iron: 0.18mg (1.02%)