

Classic Daiquiri Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



182 kcal

BEVERAGE

DRINK

Ingredients

- 1 ounce juice of lime fresh
- 1 lime wedges
- 2 ounces rum white
- 0.5 ounce simple syrup glaze

Equipment

Directions

Combine all but the lime wedge with ice.Shake well.Strain.

Serve up with a wedge of lime.

Nutrition Facts

PROTEIN 1.63% **FAT 0.84%** **CARBS 97.53%**

Properties

Glycemic Index:47, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:1.7173913043478%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 10.28mg, Hesperetin: 10.28mg, Hesperetin: 10.28mg, Hesperetin: 10.28mg 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: 181.59kcal (9.08%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 14.64g (4.88%), Net Carbohydrates: 14.03g (5.1%), Sugar: 11.16g (12.4%), Cholesterol: 0mg (0%), Sodium: 9.72mg (0.42%), Alcohol: 18.94g (105.21%), Protein: 0.25g (0.49%), Vitamin C: 13.74mg (16.66%), Iron: 0.67mg (3.7%), Fiber: 0.62g (2.47%), Vitamin B1: 0.03mg (2.29%), Potassium: 61.59mg (1.76%), Copper: 0.03mg (1.7%), Magnesium: 4.77mg (1.19%), Calcium: 11.75mg (1.18%), Vitamin B2: 0.02mg (1.1%), Folate: 4.28µg (1.07%), Phosphorus: 10.61mg (1.06%)