



Classic Tiki Mai Tai



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



290 kcal

BEVERAGE

DRINK

Ingredients

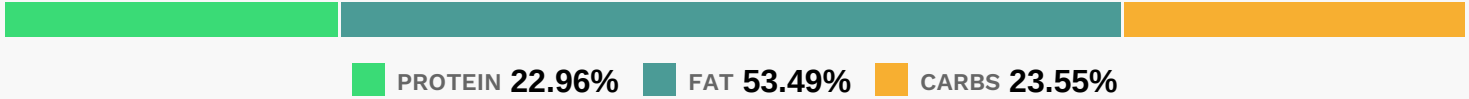
- ☐ 2 tablespoons rum dark
- ☐ 2 tablespoons rum light
- ☐ 1 tablespoon juice of lime
- ☐ 1 tablespoon orange curaçao
- ☐ 1 tablespoon rock candy syrup
- ☐ 2 tablespoons gold rum
- ☐ 1 tablespoon orgeat (almond-flavored syrup)

Equipment

Directions

Into a cocktail shaker, pour light rum, gold rum, orange curacao, orgeat, rock candy syrup, and lime juice. Fill with ice cubes and shake vigorously. Strain into an ice-filled 8- to 12-ounce glass. Slowly pour dark rum onto top of drink.

Nutrition Facts



Properties

Glycemic Index:97.5, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:5.9078261217345%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 5.37mg, Hesperetin: 5.37mg, Hesperetin: 5.37mg, Hesperetin: 5.37mg Naringenin: 2.37mg, Naringenin: 2.37mg, Naringenin: 2.37mg, Naringenin: 2.37mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 289.81kcal (14.49%), Fat: 5.22g (8.03%), Saturated Fat: 0.43g (2.72%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 3.5g (1.27%), Sugar: 2.07g (2.3%), Cholesterol: 7.39mg (2.46%), Sodium: 12.24mg (0.53%), Alcohol: 30.06g (100%), Alcohol %: 26.35% (100%), Protein: 5.04g (10.07%), Vitamin E: 2.67mg (17.82%), Vitamin C: 12.37mg (14.99%), Selenium: 9.81µg (14.02%), Manganese: 0.25mg (12.64%), Vitamin B2: 0.15mg (9.02%), Phosphorus: 86.18mg (8.62%), Magnesium: 33.67mg (8.42%), Copper: 0.14mg (6.88%), Fiber: 1.66g (6.66%), Potassium: 176.49mg (5.04%), Vitamin B3: 0.79mg (3.95%), Vitamin D: 0.56µg (3.75%), Calcium: 36.98mg (3.7%), Vitamin B12: 0.21µg (3.43%), Vitamin B1: 0.05mg (3.06%), Vitamin B6: 0.06mg (3.01%), Folate: 11.67µg (2.92%), Zinc: 0.42mg (2.82%), Iron: 0.48mg (2.66%), Vitamin B5: 0.15mg (1.52%)