



Daiquiri



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



171 kcal

BEVERAGE

DRINK

Ingredients



1 cup ice cubes



1 serving lime



1 ounce juice of lime fresh



2 ounces rum white



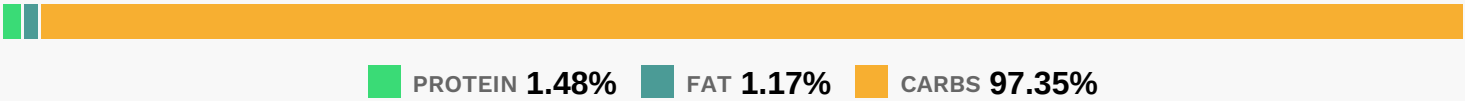
2 teaspoons caster sugar

Equipment

Directions

- ☐
- In cocktail shaker, stir together lime juice and sugar until sugar dissolves.
- ☐
- Add rum and ice cubes and shake vigorously for 20 seconds. Strain into chilled Daiquiri or coupe glass and drop in lime wheel for garnish.

Nutrition Facts



Properties

Glycemic Index:117.09, Glycemic Load:5.76, Inflammation Score:-3, Nutrition Score:1.2413043438093%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 5.55mg, Hesperetin: 5.55mg, Hesperetin: 5.55mg, Hesperetin: 5.55mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 170.96kcal (8.55%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.02%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 10.78g (3.92%), Sugar: 8.58g (9.53%), Cholesterol: 0mg (0%), Sodium: 13.18mg (0.57%), Alcohol: 18.94g (100%), Alcohol %: 7.13% (100%), Protein: 0.17g (0.34%), Vitamin C: 10.54mg (12.78%), Copper: 0.06mg (3.13%), Calcium: 13.46mg (1.35%), Magnesium: 5.05mg (1.26%), Fiber: 0.31g (1.24%), Potassium: 41.6mg (1.19%)