



Daiquiri



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



453 kcal

BEVERAGE

DRINK

Ingredients



2 cups ice cubes



6 fluid ounces lemon-lime soda chilled



6 ounce lemonade concentrate frozen canned



6 fluid ounces rum light



10 ounce strawberries frozen sliced

Equipment

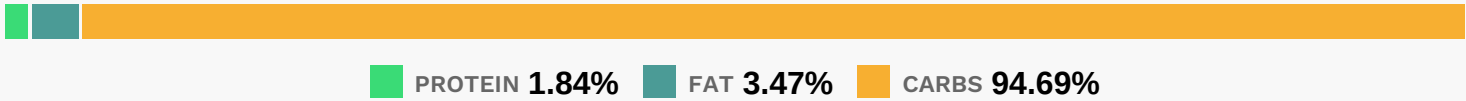


blender

Directions

- ☐ In the container of a blender, combine the lemonade concentrate, lemon-lime soda, rum and strawberries. Cover, and blend until smooth.
- ☐ Add ice and blend to desired thickness.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:3.22, Inflammation Score:-6, Nutrition Score:9.1717390845651%

Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.22mg, Pelargonidin: 35.22mg, Pelargonidin: 35.22mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.41mg, Catechin: 4.41mg, Catechin: 4.41mg, Catechin: 4.41mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 453.35kcal (22.67%), Fat: 1.02g (1.57%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 62.57g (20.86%), Net Carbohydrates: 59.48g (21.63%), Sugar: 53.82g (59.8%), Cholesterol: 0mg (0%), Sodium: 28.96mg (1.26%), Alcohol: 29.63g (100%), Alcohol %: 5.86% (100%), Caffeine: 13.31mg (4.44%), Protein: 1.22g (2.43%), Vitamin C: 94.49mg (114.53%), Manganese: 0.57mg (28.71%), Fiber: 3.09g (12.36%), Folate: 39.97µg (9.99%), Potassium: 280.77mg (8.02%), Magnesium: 27.63mg (6.91%), Copper: 0.14mg (6.78%), Phosphorus: 43.52mg (4.35%), Vitamin B6: 0.08mg (4.23%), Iron: 0.71mg (3.95%), Vitamin B1: 0.06mg (3.76%), Calcium: 37.5mg (3.75%), Vitamin B3: 0.67mg (3.33%), Vitamin E: 0.49mg (3.25%), Vitamin K: 3.29µg (3.13%), Vitamin B5: 0.28mg (2.75%), Vitamin B2: 0.03mg (2.04%), Zinc: 0.3mg (2%), Selenium: 0.91µg (1.3%)