



Daiquiri Ice with Kiwifruit



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



174 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 kiwifruit peeled thinly sliced
- ☐ 0.5 cup rum light
- ☐ 0.5 cup juice of lime fresh
- ☐ 1 tablespoon lime rind grated
- ☐ 0.8 cup sugar
- ☐ 2.3 cups water

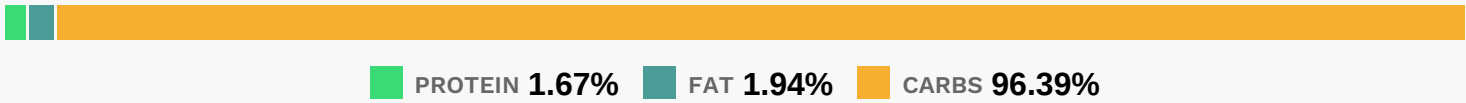
Equipment

- ☐ sauce pan

Directions

- ☐ Combine water and sugar in a saucepan; stir well, and place over low heat. Cook 2 minutes or until sugar dissolves.
- ☐ Remove from heat; stir in rum, lime juice, and rind.
- ☐ Pour mixture into the freezer can of a 1/2-gallon hand-turned or electric ice-cream freezer. Freeze according to manufacturer's instructions. Arrange kiwifruit slices and scoops of daiquiri ice on dessert plates; garnish with mint sprigs and lime slices, if desired.

Nutrition Facts



Properties

Glycemic Index:28.29, Glycemic Load:20.11, Inflammation Score:-3, Nutrition Score:4.6186957022418%

Flavonoids

Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 2.24mg, Hesperetin: 2.24mg, Hesperetin: 2.24mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 174.18kcal (8.71%), Fat: 0.3g (0.46%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 33.07g (11.02%), Net Carbohydrates: 31.6g (11.49%), Sugar: 29.4g (32.66%), Cholesterol: 0mg (0%), Sodium: 7.58mg (0.33%), Alcohol: 6.68g (100%), Alcohol %: 4.22% (100%), Protein: 0.57g (1.15%), Vitamin C: 40.33mg (48.88%), Vitamin K: 18.46µg (17.58%), Fiber: 1.47g (5.89%), Copper: 0.09mg (4.36%), Vitamin E: 0.64mg (4.25%), Folate: 13.93µg (3.48%), Potassium: 115.61mg (3.3%), Manganese: 0.05mg (2.64%), Magnesium: 9.84mg (2.46%), Calcium: 21.99mg (2.2%), Phosphorus: 19.27mg (1.93%), Vitamin B6: 0.04mg (1.8%), Vitamin B1: 0.02mg (1.26%), Vitamin B2: 0.02mg (1.19%), Vitamin B5: 0.11mg (1.1%), Vitamin B3: 0.2mg (1.01%)