



Drinking in Season: Blood Orange Daiquiri



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



986 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 slice blood oranges
- ☐ 1.5 ounces blood orange juice freshly squeezed
- ☐ 2 cinnamon sticks
- ☐ 0.5 ounce juice of lime
- ☐ 2 ounces rum white such as denizen
- ☐ 0.5 ounce simple syrup glaze
- ☐ 1 cup sugar
- ☐ 1 cup water

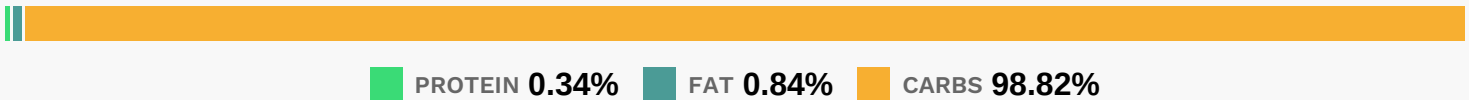
Equipment

☐ sauce pan

Directions

- ☐ To make the cinnamon simple syrup: Dissolve sugar in water in a small saucepan over medium-high heat.
- ☐ Add cinnamon sticks. Reduce heat to low, simmer for 10 minutes.
- ☐ Let cool, then strain out cinnamon sticks.
- ☐ To make the cocktail, add blood orange juice, rum, lime, and cinnamon simple syrup to a cocktail shaker. Fill with ice and shake well for 10 seconds.
- ☐ Strain into a cocktail glass, garnish and serve.

Nutrition Facts



Properties

Glycemic Index:184.59, Glycemic Load:142.53, Inflammation Score:-4, Nutrition Score:7.9673912162366%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 10.17mg, Hesperetin: 10.17mg, Hesperetin: 10.17mg, Hesperetin: 10.17mg Naringenin: 3.11mg, Naringenin: 3.11mg, Naringenin: 3.11mg, Naringenin: 3.11mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 985.65kcal (49.28%), Fat: 0.84g (1.29%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 222.48g (74.16%), Net Carbohydrates: 218.28g (79.38%), Sugar: 215.25g (239.16%), Cholesterol: 0mg (0%), Sodium: 24.03mg (1.04%), Alcohol: 18.94g (100%), Alcohol %: 4.1% (100%), Protein: 0.77g (1.54%), Manganese: 1.25mg (62.64%), Vitamin C: 33.23mg (40.28%), Fiber: 4.19g (16.78%), Calcium: 93.34mg (9.33%), Iron: 1.33mg (7.37%), Copper: 0.12mg (5.96%), Vitamin B1: 0.08mg (5.16%), Potassium: 171.21mg (4.89%), Folate: 18.79µg (4.7%), Vitamin B2: 0.07mg (4.24%), Magnesium: 15.19mg (3.8%), Vitamin A: 144.29IU (2.89%), Selenium: 1.64µg (2.35%), Vitamin K: 2.31µg (2.2%), Vitamin B6: 0.04mg (2.12%), Phosphorus: 19.06mg (1.91%), Zinc: 0.26mg (1.76%), Vitamin B3: 0.34mg (1.72%), Vitamin B5: 0.16mg (1.58%), Vitamin E: 0.24mg (1.57%)