



Fireworks Red, White and Blue Daiquiris



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



136 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons curaçao liqueur blue
- ☐ 1 cup ice cubes
- ☐ 2 cups ice cubes
- ☐ 0.3 cup juice of lime fresh (4 limes)
- ☐ 2 tablespoons juice of lime fresh (2 limes)
- ☐ 0.3 cup passion fruit liqueur blue such as hpnatiq or alize
- ☐ 0.3 cup rum
- ☐ 2 tablespoons rum white

- ☐ 1 cup coconut sorbet
- ☐ 1 cup strawberries frozen
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons sugar
- ☐ 1 cup watermelon chunks frozen

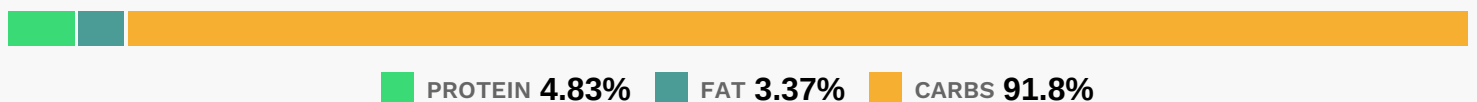
Equipment

- ☐ bowl
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the frozen strawberries, watermelon, lime juice, rum, sugar and ice in the carafe of a blender. Blend until thick and smooth. Stir in 1 to 2 tablespoons water if the consistency is too thick.
- ☐ Transfer to a large measuring cup or small bowl and place in the freezer while you make the next layer.
- ☐ For the white layer: Rinse out the blender and add the coconut sorbet, rum, lime juice and ice. Blend until thick and smooth.
- ☐ Transfer to another large measuring cup or small bowl and place in the freezer while you make the final layer.
- ☐ For the blue layer: Rinse out the blender and add the passion fruit liqueur, lime juice, blue curacao, rum, sugar and ice cubes. Blend until slushy and there are no chunks of ice left.
- ☐ Pour the red layer into the bottom of six 8-ounce glasses, about 1/3 cup each. Gently spoon 1/3 cup of the white layer over the red layer so they stay separate. Finish by spooning 1/3 cup of the blue layer over the second layer in each glass.

Nutrition Facts



Properties

Glycemic Index:52.47, Glycemic Load:6.6, Inflammation Score:-4, Nutrition Score:3.4813043565854%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 136.34kcal (6.82%), Fat: 0.37g (0.57%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 22.67g (7.56%), Net Carbohydrates: 20.14g (7.32%), Sugar: 16.58g (18.42%), Cholesterol: 0mg (0%), Sodium: 29.13mg (1.27%), Alcohol: 6.49g (100%), Alcohol %: 3.3% (100%), Protein: 1.19g (2.39%), Vitamin C: 24.62mg (29.85%), Fiber: 2.53g (10.12%), Vitamin A: 321.34IU (6.43%), Manganese: 0.11mg (5.4%), Potassium: 128.79mg (3.68%), Copper: 0.06mg (3%), Magnesium: 11.85mg (2.96%), Folate: 9.86µg (2.47%), Iron: 0.39mg (2.18%), Vitamin B6: 0.04mg (2.08%), Phosphorus: 20.17mg (2.02%), Vitamin B2: 0.03mg (1.86%), Vitamin B3: 0.36mg (1.79%), Calcium: 12.91mg (1.29%), Vitamin B1: 0.02mg (1.25%), Vitamin B5: 0.1mg (1.05%)