



Fresh Banana Daiquiri



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



231 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 large banana sliced
- ☐ 1 cup ice cubes
- ☐ 1.5 fluid ounces rum light
- ☐ 1 fluid ounce juice of lime fresh
- ☐ 0.5 fluid ounce triple sec
- ☐ 1 teaspoon sugar white to taste

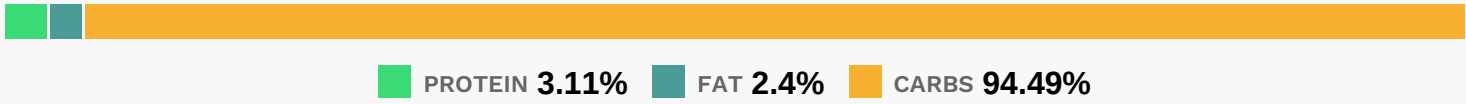
Equipment

- ☐ blender

Directions

- ☐ Combine banana, light rum, lime juice, triple sec, and sugar in a blender; puree until smooth.
- ☐ Add ice cubes and blend on highest setting until slushy, 15 to 20 seconds.
- ☐ Pour into a glass and serve.

Nutrition Facts



Properties

Glycemic Index:139.87, Glycemic Load:10.32, Inflammation Score:-4, Nutrition Score:4.039130449295%

Flavonoids

Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 231.31kcal (11.57%), Fat: 0.3g (0.47%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 26.74g (8.91%), Net Carbohydrates: 24.85g (9.04%), Sugar: 17.55g (19.5%), Cholesterol: 0mg (0%), Sodium: 14.77mg (0.64%), Alcohol: 18.66g (100%), Alcohol %: 5.95% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.88g (1.76%), Vitamin C: 14.79mg (17.92%), Vitamin B6: 0.26mg (13.06%), Manganese: 0.2mg (9.98%), Potassium: 283.44mg (8.1%), Fiber: 1.89g (7.55%), Magnesium: 23.53mg (5.88%), Copper: 0.11mg (5.72%), Folate: 16.56µg (4.14%), Vitamin B2: 0.06mg (3.43%), Vitamin B5: 0.26mg (2.63%), Vitamin B3: 0.52mg (2.61%), Phosphorus: 21.76mg (2.18%), Vitamin B1: 0.03mg (2.12%), Calcium: 14.83mg (1.48%), Iron: 0.23mg (1.29%), Vitamin A: 58.31IU (1.17%), Zinc: 0.17mg (1.15%), Selenium: 0.78µg (1.11%)