



Frozen Pineapple Daiquiri

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



171 kcal

BEVERAGE

DRINK

Ingredients

- 2.5 ounces rum dark such as myers's or whaler's, for serving
- 2 cups ice cubes
- 6 ounces rum light such as bacardi or flor de caña
- 4 ounces juice of lime freshly squeezed (from 8 medium limes)
- 1 pound pineapple chunks frozen



Equipment

- blender

Directions

- Place all of the ingredients except the dark rum in a blender and blend on high until smooth. Divide the daiquiri among 5 glasses and top each with 1/2 ounce of the dark rum, if using.
- Serve immediately.

Nutrition Facts

 **PROTEIN 3.31%**  **FAT 1.55%**  **CARBS 95.14%**

Properties

Glycemic Index:6, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.7352173781913%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 171.43kcal (8.57%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 14.76g (5.37%), Sugar: 13.32g (14.8%), Cholesterol: 0mg (0%), Sodium: 6.57mg (0.29%), Alcohol: 16.1g (100%), Alcohol %: 7.96% (100%), Protein: 0.56g (1.12%), Vitamin C: 15.33mg (18.58%), Vitamin B1: 0.1mg (6.74%), Copper: 0.13mg (6.42%), Fiber: 1.27g (5.08%), Magnesium: 16.37mg (4.09%), Potassium: 139.99mg (4%), Vitamin B6: 0.08mg (3.86%), Calcium: 20.53mg (2.05%), Folate: 6.8µg (1.7%), Iron: 0.29mg (1.63%), Vitamin B3: 0.3mg (1.48%), Vitamin B2: 0.02mg (1.43%), Phosphorus: 11.45mg (1.15%), Vitamin A: 56.7IU (1.13%)