



Frozen Strawberry Daiquiris



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



147 kcal

BEVERAGE

DRINK

Ingredients



1 cup ice crushed



3 tablespoons juice of lime fresh



12 ounce limeade concentrate undiluted thawed canned



1 cup rum white



3 cups strawberries sliced

Equipment

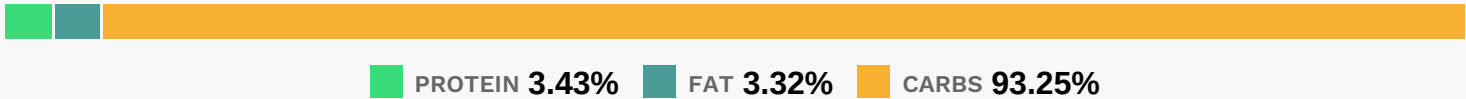


blender

Directions

- ☐ Place first 4 ingredients in a blender; process until smooth.
- ☐ Add ice; process until smooth.
- ☐ Serve immediately; garnish with lime slices, if desired.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:1.64, Inflammation Score:-4, Nutrition Score:4.6839129769284%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 146.8kcal (7.34%), Fat: 0.22g (0.34%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 12.51g (4.55%), Sugar: 11.17g (12.41%), Cholesterol: 0mg (0%), Sodium: 4.94mg (0.21%), Alcohol: 13.36g (100%), Alcohol %: 7.85% (100%), Protein: 0.51g (1.03%), Vitamin C: 46.34mg (56.17%), Manganese: 0.29mg (14.35%), Fiber: 1.47g (5.88%), Folate: 18.6µg (4.65%), Potassium: 125.4mg (3.58%), Copper: 0.06mg (3.02%), Magnesium: 11.49mg (2.87%), Phosphorus: 20.5mg (2.05%), Vitamin B6: 0.04mg (1.97%), Iron: 0.32mg (1.77%), Vitamin K: 1.63µg (1.55%), Vitamin B1: 0.02mg (1.51%), Vitamin E: 0.23mg (1.5%), Calcium: 14.89mg (1.49%), Vitamin B3: 0.3mg (1.49%), Vitamin B2: 0.02mg (1.19%), Vitamin B5: 0.11mg (1.06%)