



Havana

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

1

CALORIES

calories

621 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

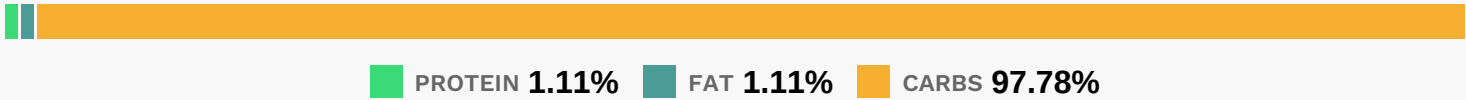
- ☐ 0.5 cup little demerara sugar
- ☐ 1 serving ice cubes shaved
- ☐ 0.5 ounce juice of lime fresh
- ☐ 4 ounces golden mango very ripe peeled
- ☐ 2 ounces silver rum
- ☐ 5 strawberries hulled rinsed

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ Muddle the mango and strawberries thoroughly with the lime juice and the Demerara Simple Syrup in the bottom of a cocktail shaker.
- ☐ Add the rum and stir. Fill with shaved ice and shake vigorously. Strain into a demerara-rimmed cocktail glass, forming a foamy layer of finely crystallized ice to finish.
- ☐ Bring 1 cup of water to a simmer, add the sugar and stir to dissolve.
- ☐ Remove from the heat, cover and chill.

Nutrition Facts



Properties

Glycemic Index:106.75, Glycemic Load:9.23, Inflammation Score:-8, Nutrition Score:10.724347648413%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.93mg, Pelargonidin: 14.93mg, Pelargonidin: 14.93mg, Pelargonidin: 14.93mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 620.76kcal (31.04%), Fat: 0.62g (0.96%), Saturated Fat: 0.11g (0.72%), Carbohydrates: 122.61g (40.87%), Net Carbohydrates: 119.54g (43.47%), Sugar: 117.9g (131%), Cholesterol: 0mg (0%), Sodium: 8.38mg (0.36%), Alcohol: 18.94g (100%), Alcohol %: 6% (100%), Protein: 1.39g (2.78%), Vitamin C: 80.81mg (97.95%), Vitamin A: 1241.25IU (24.83%), Manganese: 0.36mg (18.09%), Folate: 64.58µg (16.14%), Fiber: 3.07g (12.28%), Copper: 0.19mg (9.42%), Potassium: 329.03mg (9.4%), Vitamin B6: 0.17mg (8.45%), Vitamin E: 1.23mg (8.17%), Vitamin K: 6.17µg (5.87%), Magnesium: 22.83mg (5.71%), Vitamin B3: 1.02mg (5.09%), Iron: 0.83mg (4.63%), Calcium: 37.74mg (3.77%), Vitamin B2: 0.06mg (3.57%), Phosphorus: 35.53mg (3.55%), Vitamin B1: 0.05mg (3.54%), Vitamin B5: 0.32mg (3.16%), Zinc: 0.26mg (1.7%), Selenium: 0.93µg (1.34%)