

Hemingway Daiquiri



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



208 kcal

BEVERAGE

DRINK

Ingredients

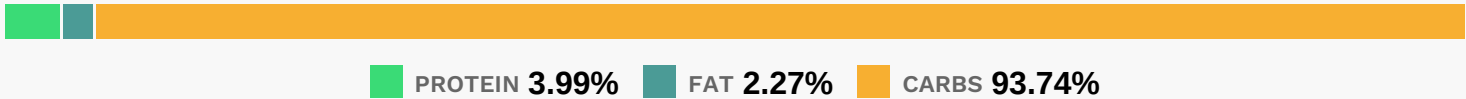
- ☐ 0.5 fluid ounce grapefruit juice
- ☐ 1 cup ice cubes
- ☐ 1 lime wheel
- ☐ 0.8 fluid ounce juice of lime
- ☐ 0.5 fluid ounce maraschino liqueur
- ☐ 2 fluid ounces rum

Equipment

Directions

- ☐ Combine rum, lime juice, maraschino liqueur, and grapefruit juice in a cocktail shaker.
- ☐ Add ice and shake until chilled. Strain into a chilled cocktail glass.
- ☐ Garnish with a lime wheel.

Nutrition Facts



Properties

Glycemic Index:95, Glycemic Load:2.43, Inflammation Score:-5, Nutrition Score:3.4073913188084%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 30.8mg, Hesperetin: 30.8mg, Hesperetin: 30.8mg, Hesperetin: 30.8mg Naringenin: 2.36mg, Naringenin: 2.36mg, Naringenin: 2.36mg, Naringenin: 2.36mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 207.65kcal (10.38%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 15.3g (5.1%), Net Carbohydrates: 13.32g (4.84%), Sugar: 7.84g (8.71%), Cholesterol: 0mg (0%), Sodium: 14.5mg (0.63%), Alcohol: 25.73g (100%), Alcohol %: 7.87% (100%), Protein: 0.65g (1.3%), Vitamin C: 30.13mg (36.52%), Fiber: 1.98g (7.92%), Copper: 0.1mg (4.99%), Potassium: 119.42mg (3.41%), Calcium: 33.5mg (3.35%), Iron: 0.5mg (2.8%), Magnesium: 9.64mg (2.41%), Folate: 7.87µg (1.97%), Vitamin B1: 0.03mg (1.95%), Phosphorus: 19.16mg (1.92%), Vitamin B6: 0.04mg (1.89%), Vitamin B5: 0.19mg (1.87%), Vitamin E: 0.2mg (1.31%), Vitamin B2: 0.02mg (1.12%), Vitamin B3: 0.22mg (1.09%), Zinc: 0.15mg (1.02%)