



Honeydew-Kiwi Daiquiris



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



193 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups wedges honeydew melon chopped
- ☐ 2 cups ice crushed
- ☐ 4 kiwi fruit peeled coarsely chopped
- ☐ 0.5 cup rum light
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime zest grated
- ☐ 2 tablespoons sugar

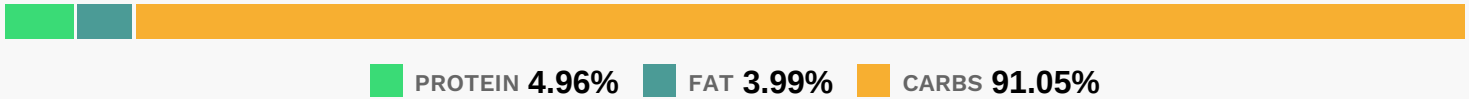
Equipment

- ☐ baking sheet
- ☐ blender

Directions

- ☐ Arrange melon in a single layer on a baking sheet; freeze at least 30 minutes or until firm.
- ☐ Combine the frozen melon and the remaining ingredients in a blender; process mixture until smooth.

Nutrition Facts



Properties

Glycemic Index:42.44, Glycemic Load:9.47, Inflammation Score:-6, Nutrition Score:10.997826171958%

Flavonoids

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3-gallate:
0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg
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: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg,
Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg,
Luteolin: 0.67mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin:
0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 193.1kcal (9.66%), Fat: 0.6g (0.93%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 27.2g (9.89%), Sugar: 24.66g (27.4%), Cholesterol: 0mg (0%), Sodium: 33.93mg (1.48%), Alcohol: 10.02g (100%), Alcohol %: 3.34% (100%), Protein: 1.69g (3.38%), Vitamin C: 93.32mg (113.12%), Vitamin K: 40.42µg (38.49%), Fiber: 3.79g (15.18%), Potassium: 480.89mg (13.74%), Folate: 48.67µg (12.17%), Copper: 0.18mg (9.03%), Vitamin B6: 0.17mg (8.55%), Vitamin E: 1.23mg (8.17%), Magnesium: 29.12mg (7.28%), Manganese: 0.13mg (6.53%), Vitamin B1: 0.08mg (5.12%), Phosphorus: 47.31mg (4.73%), Calcium: 44.32mg (4.43%), Vitamin B3: 0.89mg (4.43%), Vitamin B5: 0.37mg (3.74%), Vitamin A: 146.92IU (2.94%), Iron: 0.46mg (2.55%), Vitamin B2: 0.04mg (2.45%), Zinc: 0.27mg (1.82%), Selenium: 1.12µg (1.6%)