



Mai Tai

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



2

CALORIES



318 kcal

BEVERAGE

DRINK

Ingredients

- 2 servings cocktail cherries
- 1 egg white lightly beaten
- 2 servings pineapple cubes
- 2 servings ice cubes crushed
- 0.3 cup juice of lime fresh
- 1 slices cranberry-orange relish
- 0.3 cup orange juice fresh
- 0.5 cup rum white

- 2 servings sugar
- 0.3 cup triple sec

Equipment

- drinking straws

Directions

- Dip the rim of tall glasses into the egg whites, and then the sugar.
- Put the rum, Triple Sec, and juices into a cocktail shaker. Shake to mix. Fill the glasses with the ice and pour the cocktail over it. Decorate with cherries, pineapple, and/or orange slices, and drink with a straw.

Nutrition Facts



PROTEIN 6.82% **FAT 1.97%** **CARBS 91.21%**

Properties

Glycemic Index:89.8, Glycemic Load:10.3, Inflammation Score:-5, Nutrition Score:3.3186956339556%

Flavonoids

Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 8.33mg, Hesperetin: 8.33mg, Hesperetin: 8.33mg, Hesperetin: 8.33mg Naringenin: 1.85mg, Naringenin: 1.85mg, Naringenin: 1.85mg, Naringenin: 1.85mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 317.58kcal (15.88%), Fat: 0.29g (0.45%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 30.28g (10.09%), Net Carbohydrates: 29.76g (10.82%), Sugar: 27.31g (30.34%), Cholesterol: 0.54mg (0.18%), Sodium: 42.18mg (1.83%), Alcohol: 27.71g (100%), Alcohol %: 18.32% (100%), Caffeine: 7.67mg (2.56%), Protein: 2.26g (4.53%), Vitamin C: 28.3mg (34.3%), Vitamin B2: 0.09mg (5.34%), Selenium: 3.27µg (4.67%), Potassium: 145.85mg (4.17%), Folate: 15.02µg (3.76%), Vitamin B1: 0.05mg (3.13%), Copper: 0.06mg (3.05%), Magnesium: 9.27mg (2.32%), Fiber: 0.51g (2.04%), Vitamin A: 95.13IU (1.9%), Phosphorus: 17.06mg (1.71%), Manganese: 0.03mg (1.5%), Vitamin B6: 0.03mg (1.48%), Calcium: 14.64mg (1.46%), Vitamin B5: 0.14mg (1.45%), Vitamin B3: 0.25mg (1.26%), Iron: 0.18mg (1.02%)