



Mai tai



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



358 kcal

BEVERAGE

DRINK

Ingredients

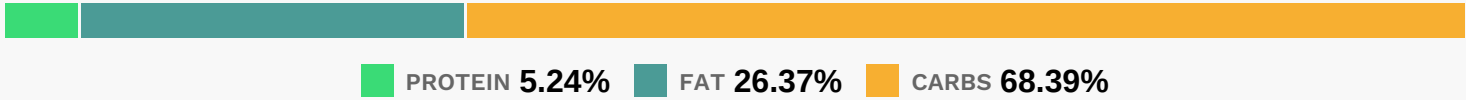
- ☐ 2 tbsp rum white
- ☐ 2 tbsp rum dark
- ☐ 2 tbsp triple sec
- ☐ 1 tbsp grenadine syrup
- ☐ 1 tbsp almonds (we used Monin almond syrup, available online)
- ☐ 1 juice of lime
- ☐ 1 serving maraschino cherries

Equipment

Directions

☐ Stir all the ingredients together in a jug or shake them in a cocktail shaker. Put a few cubes of ice in a tumbler, pour over the liquid and garnish with a cherry.

Nutrition Facts



Properties

Glycemic Index:140, Glycemic Load:13.47, Inflammation Score:-4, Nutrition Score:4.258260893433%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 358.25kcal (17.91%), Fat: 5.11g (7.86%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 29.83g (9.94%), Net Carbohydrates: 28.3g (10.29%), Sugar: 21.85g (24.28%), Cholesterol: 0mg (0%), Sodium: 9.3mg (0.4%), Alcohol: 27.84g (100%), Alcohol %: 22.76% (100%), Caffeine: 7.8mg (2.6%), Protein: 2.29g (4.57%), Vitamin E: 2.63mg (17.52%), Manganese: 0.25mg (12.52%), Vitamin C: 9mg (10.91%), Magnesium: 31.3mg (7.82%), Vitamin B2: 0.13mg (7.44%), Copper: 0.15mg (7.4%), Fiber: 1.53g (6.12%), Phosphorus: 57.45mg (5.74%), Potassium: 125.25mg (3.58%), Calcium: 35.3mg (3.53%), Zinc: 0.41mg (2.72%), Iron: 0.47mg (2.62%), Vitamin B3: 0.46mg (2.28%), Vitamin B1: 0.03mg (2.19%), Folate: 7.4µg (1.85%), Vitamin B6: 0.03mg (1.3%)