



Mai Tai



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



194 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon rum dark
- ☐ 2 tablespoons rum light
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 slice mint leaves for garnish
- ☐ 2 tablespoons orange curaçao
- ☐ 0.3 cup orange juice
- ☐ 1 dash simple syrup glaze
- ☐ 1 dash orgeat

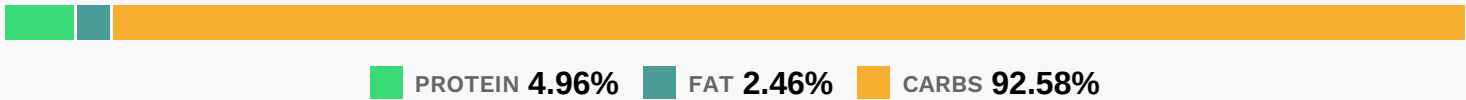
☐ 1 dash orgeat

Equipment

Directions

- ☐ Fill an 8-oz. glass with ice.
- ☐ Pour in light rum, orange curacao, orange juice, lime juice, orgeat, and simple syrup.
- ☐ Drizzle dark rum on top.
- ☐ Garnish with mint, pineapple slice, and paper umbrella.

Nutrition Facts



Properties

Glycemic Index:183.17, Glycemic Load:10.24, Inflammation Score:-6, Nutrition Score:9.8195651614148%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 16.81mg, Hesperetin: 16.81mg, Hesperetin: 16.81mg, Hesperetin: 16.81mg Naringenin: 5.91mg, Naringenin: 5.91mg, Naringenin: 5.91mg, Naringenin: 5.91mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 194.19kcal (9.71%), Fat: 0.27g (0.42%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 22.94g (7.65%), Net Carbohydrates: 20.87g (7.59%), Sugar: 17.23g (19.15%), Cholesterol: 0mg (0%), Sodium: 2.79mg (0.12%), Alcohol: 15.03g (100%), Alcohol %: 8.05% (100%), Protein: 1.23g (2.46%), Vitamin C: 91.39mg (110.77%), Manganese: 0.81mg (40.28%), Folate: 44.09µg (11.02%), Vitamin B1: 0.16mg (10.38%), Fiber: 2.07g (8.28%), Potassium: 288.17mg (8.23%), Copper: 0.15mg (7.33%), Vitamin B6: 0.14mg (7.14%), Magnesium: 21.16mg (5.29%), Vitamin A: 246.76IU (4.94%), Vitamin B3: 0.78mg (3.9%), Vitamin B5: 0.39mg (3.89%), Vitamin B2: 0.06mg (3.64%), Calcium: 31.8mg (3.18%), Iron: 0.46mg (2.58%), Phosphorus: 25.38mg (2.54%), Zinc: 0.18mg (1.23%)