



Mai Tai



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



185 kcal

BEVERAGE

DRINK

Ingredients

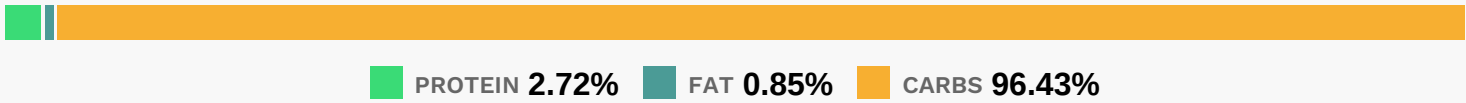
- ☐ 0.8 ounce juice of lime fresh
- ☐ 1 serving mint sprig for garnish
- ☐ 0.5 ounce orgeat syrup (almond)
- ☐ 0.5 ounce aged rum
- ☐ 1 ounce gold rum
- ☐ 0.5 ounce premium triple sec

Equipment

Directions

- ☐ Combine the silver or gold rum, lime juice, aged rum, orange liqueur, almond syrup, and simple syrup in a cocktail shaker. Top with ice and shake vigorously. Strain into a rocks glass filled with fresh crushed ice. Float the Jamaican rum on top, if desired.
- ☐ Garnish with the mint sprig.
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Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.89999999138324%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 185.04kcal (9.25%), Fat: 0.07g (0.1%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 16.8g (6.11%), Sugar: 13.36g (14.84%), Cholesterol: 0mg (0%), Sodium: 12.36mg (0.54%), Alcohol: 17.89g (100%), Alcohol %: 24.34% (100%), Caffeine: 3.69mg (1.23%), Protein: 0.48g (0.96%), Vitamin C: 6.7mg (8.12%), Calcium: 15mg (1.5%), Manganese: 0.03mg (1.28%), Copper: 0.02mg (1.18%), Vitamin A: 53.11IU (1.06%), Potassium: 35.67mg (1.02%)