



Mai Tai



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



260 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 serving tropical fruit and/or blossoms for garnish
- ☐ 1.3 ounce juice of lime fresh
- ☐ 0.5 ounce orange curaçao
- ☐ 0.5 ounce orange juice fresh
- ☐ 0.3 ounce rock candy syrup
- ☐ 1 ounce aged rum
- ☐ 1.5 ounce jamaican rum dark

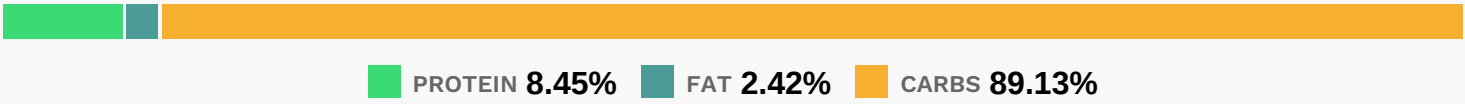
Equipment

Directions

- ☐
- Shake all the liquid ingredients together vigorously with cracked ice. Strain into an ice-filled collins glass.

☐

Nutrition Facts



Properties

Glycemic Index:124.5, Glycemic Load:1.32, Inflammation Score:-6, Nutrition Score:5.1099999365599%

Flavonoids

Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 8.74mg, Hesperetin: 8.74mg, Hesperetin: 8.74mg, Hesperetin: 8.74mg Naringenin: 2.61mg, Naringenin: 2.61mg, Naringenin: 2.61mg, Naringenin: 2.61mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 259.54kcal (12.98%), Fat: 0.28g (0.44%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 21.08g (7.67%), Sugar: 16.45g (18.27%), Cholesterol: 3.54mg (1.18%), Sodium: 12.73mg (0.55%), Alcohol: 23.67g (100%), Alcohol %: 11.53% (100%), Protein: 2.23g (4.46%), Vitamin C: 27.87mg (33.78%), Fiber: 2.41g (9.63%), Vitamin A: 436.89IU (8.74%), Potassium: 229.71mg (6.56%), Selenium: 4.59µg (6.55%), Copper: 0.13mg (6.42%), Vitamin K: 5.68µg (5.41%), Phosphorus: 40.94mg (4.09%), Vitamin B3: 0.79mg (3.95%), Folate: 15.06µg (3.76%), Vitamin B1: 0.05mg (3.6%), Vitamin B2: 0.06mg (3.52%), Magnesium: 13.65mg (3.41%), Vitamin B6: 0.06mg (3.11%), Manganese: 0.06mg (2.87%), Iron: 0.49mg (2.73%), Calcium: 19.11mg (1.91%), Vitamin D: 0.27µg (1.8%), Vitamin B5: 0.18mg (1.78%), Vitamin B12: 0.1µg (1.64%), Zinc: 0.21mg (1.37%)