



Mai Tai



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



303 kcal

BEVERAGE

DRINK

Ingredients

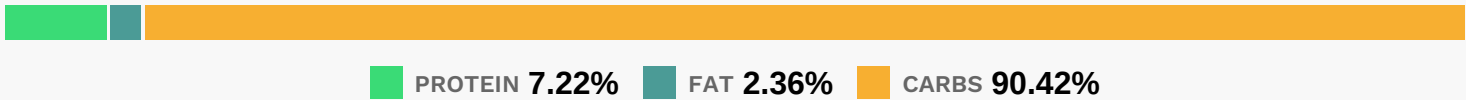
- ☐ 1 serving tropical fruit and/or blossoms for garnish
- ☐ 1.3 ounce juice of lime fresh
- ☐ 0.5 ounce orange curaçao
- ☐ 0.5 ounce orange juice fresh
- ☐ 0.3 ounce rock candy syrup
- ☐ 1 ounce aged rum
- ☐ 1.5 ounce jamaican rum dark
- ☐ 0.5 ounce orgeat

Equipment

Directions

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

Nutrition Facts



Properties

Glycemic Index:124.5, Glycemic Load:1.32, Inflammation Score:-6, Nutrition Score:5.158260780832%

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, 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: 303.2kcal (15.16%), Fat: 0.33g (0.5%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 28.06g (9.35%), Net Carbohydrates: 25.65g (9.33%), Sugar: 21.01g (23.34%), Cholesterol: 3.54mg (1.18%), Sodium: 13.86mg (0.6%), Alcohol: 27.36g (100%), Alcohol %: 12.64% (100%), Caffeine: 3.69mg (1.23%), Protein: 2.24g (4.48%), Vitamin C: 27.87mg (33.78%), Fiber: 2.41g (9.63%), Vitamin A: 436.89IU (8.74%), Copper: 0.13mg (6.7%), Potassium: 233.96mg (6.68%), Selenium: 4.63µg (6.61%), Vitamin K: 5.68µg (5.41%), Phosphorus: 41.79mg (4.18%), Vitamin B3: 0.81mg (4.05%), Folate: 15.06µg (3.76%), Vitamin B1: 0.05mg (3.64%), Vitamin B2: 0.06mg (3.62%), Magnesium: 14.08mg (3.52%), Vitamin B6: 0.06mg (3.11%), Manganese: 0.06mg (2.99%), Iron: 0.5mg (2.78%), Calcium: 19.25mg (1.92%), Vitamin D: 0.27µg (1.8%), Vitamin B5: 0.18mg (1.78%), Vitamin B12: 0.1µg (1.64%), Zinc: 0.21mg (1.4%)