



Mai Tai I



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



258 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 fluid ounce brandy
- 0.5 fluid ounce frangelico
- 1 fluid ounce rum dark
- 1 fluid ounce rum light
- 3 fluid ounces orange juice
- 3 fluid ounces pineapple juice

Equipment

Directions

In a tall glass, combine light rum, dark rum, coconut rum and apricot brandy. Fill glass half way with pineapple juice, then to the top with orange juice. Stir.

Nutrition Facts



PROTEIN 4.23% **FAT 2.87%** **CARBS 92.9%**

Properties

Glycemic Index:143, Glycemic Load:9.88, Inflammation Score:-6, Nutrition Score:6.7647824261499%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 10.6mg, Hesperetin: 10.6mg, Hesperetin: 10.6mg, Hesperetin: 10.6mg Naringenin: 1.9mg, Naringenin: 1.9mg, Naringenin: 1.9mg, Naringenin: 1.9mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 257.7kcal (12.89%), Fat: 0.28g (0.44%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 20.64g (6.88%), Net Carbohydrates: 20.29g (7.38%), Sugar: 16.3g (18.12%), Cholesterol: 0mg (0%), Sodium: 3.4mg (0.15%), Alcohol: 24.69g (100%), Alcohol %: 11.76% (100%), Protein: 0.94g (1.88%), Vitamin C: 53.23mg (64.52%), Manganese: 0.47mg (23.64%), Folate: 42.58µg (10.65%), Vitamin B1: 0.14mg (9.05%), Potassium: 294.22mg (8.41%), Vitamin B6: 0.12mg (6.25%), Copper: 0.12mg (5.79%), Magnesium: 20.4mg (5.1%), Vitamin A: 181.86IU (3.64%), Vitamin B2: 0.05mg (2.84%), Vitamin B3: 0.54mg (2.7%), Iron: 0.48mg (2.68%), Phosphorus: 25.13mg (2.51%), Vitamin B5: 0.22mg (2.18%), Calcium: 21.29mg (2.13%), Fiber: 0.35g (1.42%), Zinc: 0.17mg (1.14%)