



## Mango-Papaya Daiquiri



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



301 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 0.5 cup malibu coconut rum
- ☐ 0.3 cup cream of coconut
- ☐ 0.5 cup mangos cubed
- ☐ 0.5 cup papaya cubed
- ☐ 0.5 cup pineapple juice
- ☐ 10 oz strawberries in syrup frozen thawed

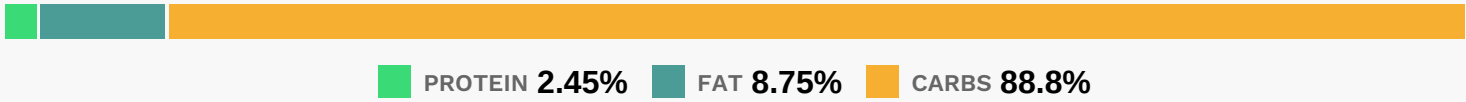
### Equipment

- ☐ blender

# Directions

- ☐ Puree strawberries in a blender until smooth. Divide strawberry puree evenly among 4 tall glasses.
- ☐ Place ice in blender; add mango and next 4 ingredients. Process until smooth.
- ☐ Pour mango–papaya mixture evenly over strawberry puree in glasses.
- ☐ "Warm" Ice: Slightly melted ice blends a better drink, Ernie says. He suggests letting the ice sit out at room temperature for about 30 minutes before using. "It should be wet to the touch without sticking to your fingers," he explains.

## Nutrition Facts



## Properties

Glycemic Index:39.13, Glycemic Load:4.09, Inflammation Score:-4, Nutrition Score:3.4482608878094%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

## Nutrients (% of daily need)

Calories: 301.33kcal (15.07%), Fat: 3.24g (4.99%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 74.04g (24.68%), Net Carbohydrates: 72.74g (26.45%), Sugar: 61.66g (68.51%), Cholesterol: 0mg (0%), Sodium: 61.77mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.09%), Vitamin C: 21.11mg (25.59%), Manganese: 0.17mg (8.43%), Vitamin A: 390.89IU (7.82%), Calcium: 56.86mg (5.69%), Fiber: 1.3g (5.21%), Folate: 20.65µg (5.16%), Vitamin B6: 0.06mg (3.03%), Potassium: 104.85mg (3%), Copper: 0.05mg (2.56%), Magnesium: 9.28mg (2.32%), Vitamin B1: 0.03mg (1.79%), Vitamin E: 0.24mg (1.63%), Vitamin K: 1.41µg (1.34%), Vitamin B3: 0.26mg (1.3%), Vitamin B2: 0.02mg (1.1%)