



Mango Rum Cooler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



146 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 ounce rum dark
- ☐ 1.5 cup ice cubes crushed
- ☐ 2 tablespoon juice of lemon freshly squeezed
- ☐ 1 cup mango chunks frozen ripe for garnish
- ☐ 1 mint leaf for garnish
- ☐ 1 tablespoon simple syrup glaze

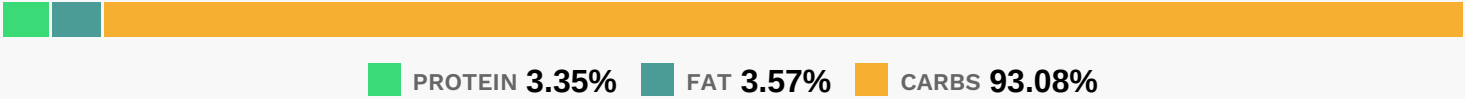
Equipment

- ☐ blender

Directions

☐ Combine all the ingredients (except garnish) in a blender; process until smooth. Divide and pour the mixture into 2 stemmed glasses, and serve garnished with the mint leaf and reserved mango cubes.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:5.72, Inflammation Score:-7, Nutrition Score:5.5069565280624%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 145.54kcal (7.28%), Fat: 0.35g (0.54%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 19.39g (7.05%), Sugar: 19g (21.11%), Cholesterol: 0mg (0%), Sodium: 16.09mg (0.7%), Alcohol: 9.47g (100%), Alcohol %: 3.82% (100%), Protein: 0.75g (1.5%), Vitamin C: 35.99mg (43.63%), Vitamin A: 914.79IU (18.3%), Folate: 39.04µg (9.76%), Copper: 0.13mg (6.6%), Fiber: 1.4g (5.62%), Vitamin B6: 0.11mg (5.3%), Vitamin E: 0.76mg (5.1%), Potassium: 163.76mg (4.68%), Vitamin K: 3.46µg (3.3%), Manganese: 0.06mg (3.24%), Magnesium: 12.32mg (3.08%), Iron: 0.54mg (3%), Vitamin B3: 0.59mg (2.94%), Vitamin B1: 0.04mg (2.79%), Vitamin B2: 0.04mg (2.47%), Vitamin B5: 0.18mg (1.84%), Calcium: 17.81mg (1.78%), Phosphorus: 15.05mg (1.5%)