



Passion Daiquiris

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

154 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 servings ice cubes or as needed
- ☐ 4 wedges lime for garnish
- ☐ 6 ounce limeade concentrate frozen thawed canned
- ☐ 0.8 cup rum
- ☐ 10 ounce strawberries sweetened frozen
- ☐ 0.8 cup water

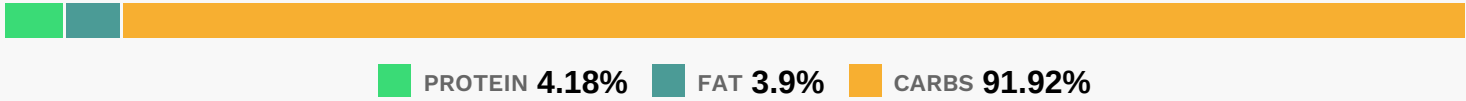
Equipment

- ☐ blender

Directions

- ☐ Blend strawberries, water, rum, and limeade concentrate together in a blender until the berries are mostly pureed.
- ☐ Pour about half the strawberry mixture into another container.
- ☐ Add ice 1/4 cup at a time to the blender and blend until the ice is completely crushed. Continue adding ice and blending until the consistency is that of a milkshake.
- ☐ Pour finished daiquiri into 2 glasses and repeat blending ice with the reserved strawberry mixture.
- ☐ Garnish glasses with lime wedges.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:2.05, Inflammation Score:-4, Nutrition Score:5.0308695318906%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.61mg, Pelargonidin: 17.61mg, Pelargonidin: 17.61mg, Pelargonidin: 17.61mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 154.14kcal (7.71%), Fat: 0.25g (0.38%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 13.2g (4.4%), Net Carbohydrates: 11.28g (4.1%), Sugar: 9.41g (10.46%), Cholesterol: 0mg (0%), Sodium: 7.81mg (0.34%), Alcohol:

15.03g (100%), Alcohol %: 6.88% (100%), Protein: 0.6g (1.2%), Vitamin C: 48.23mg (58.46%), Manganese: 0.28mg (14.18%), Fiber: 1.92g (7.69%), Folate: 18.88µg (4.72%), Copper: 0.08mg (3.9%), Potassium: 131.95mg (3.77%), Magnesium: 12.15mg (3.04%), Iron: 0.42mg (2.31%), Phosphorus: 22.48mg (2.25%), Vitamin B6: 0.04mg (2.16%), Calcium: 21.14mg (2.11%), Vitamin B1: 0.03mg (1.73%), Vitamin E: 0.25mg (1.63%), Vitamin B3: 0.32mg (1.6%), Vitamin K: 1.67µg (1.59%), Vitamin B5: 0.13mg (1.33%), Vitamin B2: 0.02mg (1.31%), Zinc: 0.15mg (1.01%)