



Peach-Mango Daiquiris



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



304 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 15 oz cream of coconut canned
- ☐ 1.5 cups rum dark
- ☐ 6 oz lemonade concentrate frozen thawed canned
- ☐ 24 oz mangos
- ☐ 1.3 lb peaches ripe peeled chopped

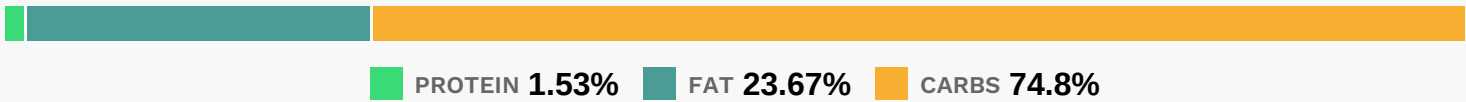
Equipment

- ☐ blender

Directions

- ☐ Drain mango slices, reserving 1/2 cup liquid. Process mango slices and peaches in a blender until smooth, stopping to scrape down sides.
- ☐ Pour peach mixture into a large container.
- ☐ Process reserved mango liquid, cream of coconut, and lemonade concentrate in blender until smooth.
- ☐ Add coconut mixture and rum to peach mixture, stirring until combined. Use immediately.
- ☐ Process 3 cups peach mixture with 2 cups ice in a blender until smooth. Repeat with remaining peach mixture and ice.
- ☐ *1 (20-oz.) bag frozen sliced peaches, thawed, may be substituted.

Nutrition Facts



Properties

Glycemic Index:8.92, Glycemic Load:5.57, Inflammation Score:-6, Nutrition Score:4.8291304966678%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 304.39kcal (15.22%), Fat: 6.35g (9.77%), Saturated Fat: 5.38g (33.63%), Carbohydrates: 45.16g (15.05%), Net Carbohydrates: 42.32g (15.39%), Sugar: 41.67g (46.3%), Cholesterol: 0mg (0%), Sodium: 25.72mg (1.12%), Alcohol: 10.02g (100%), Alcohol %: 6.92% (100%), Protein: 0.93g (1.85%), Vitamin C: 24.43mg (29.62%), Vitamin A: 767.52IU (15.35%), Fiber: 2.84g (11.35%), Folate: 28.21µg (7.05%), Vitamin E: 0.87mg (5.79%), Copper: 0.11mg (5.4%), Potassium: 163.7mg (4.68%), Vitamin B6: 0.08mg (4.12%), Vitamin B3: 0.78mg (3.9%), Vitamin K: 3.83µg (3.64%),

Manganese: 0.07mg (3.59%), Magnesium: 10.44mg (2.61%), Vitamin B2: 0.04mg (2.2%), Vitamin B1: 0.03mg (2.12%), Phosphorus: 20.52mg (2.05%), Vitamin B5: 0.2mg (2%), Selenium: 1.39µg (1.98%), Iron: 0.28mg (1.53%), Zinc: 0.18mg (1.18%)