

Raspberry Daiquiris



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



177 kcal

BEVERAGE

DRINK

Ingredients



3 cups ice cubes crushed



1 tablespoon juice of lemon fresh



3 tablespoons juice of lime fresh



6 ounce raspberries



0.5 cup rum



0.8 cup simple syrup glaze

Equipment



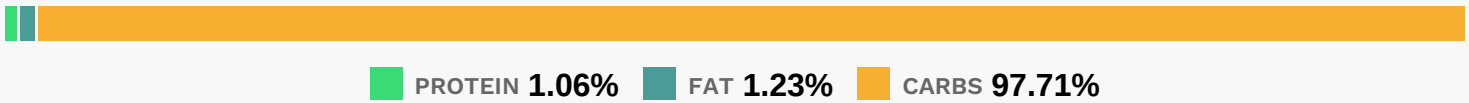
bowl

- ☐ sieve
- ☐ blender

Directions

- ☐ Combine first 3 ingredients in a blender, and process until smooth. Strain mixture through a sieve into a bowl, and discard solids.
- ☐ Combine raspberry mixture, 3 cups crushed ice, rum, and lime juice in blender, and process until smooth.

Nutrition Facts



Properties

Glycemic Index:6.83, Glycemic Load:0.4, Inflammation Score:-2, Nutrition Score:3.0104347843191%

Flavonoids

Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 176.68kcal (8.83%), Fat: 0.2g (0.3%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 34.99g (11.66%), Net Carbohydrates: 33.11g (12.04%), Sugar: 32.28g (35.86%), Cholesterol: 0mg (0%), Sodium: 31.01mg (1.35%), Alcohol: 6.68g (100%), Alcohol %: 3.87% (100%), Protein: 0.38g (0.76%), Vitamin C: 10.65mg (12.9%), Manganese: 0.2mg (9.76%), Iron: 1.73mg (9.6%), Fiber: 1.88g (7.52%), Vitamin B1: 0.07mg (4.5%), Magnesium: 12.38mg (3.1%), Copper: 0.06mg (2.97%), Potassium: 81.1mg (2.32%), Vitamin B2: 0.04mg (2.26%), Vitamin K: 2.26µg (2.15%), Folate: 7.2µg (1.8%), Vitamin E: 0.27mg (1.78%), Calcium: 17.31mg (1.73%), Zinc: 0.23mg (1.51%), Phosphorus: 13.64mg (1.36%), Vitamin B3: 0.23mg (1.14%), Vitamin B5: 0.11mg (1.06%)