



Sparkling Mai Tai



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



4

CALORIES



163 kcal

BEVERAGE

DRINK

Ingredients



0.3 cup grand marnier



1 lime chilled firm



2 tablespoons juice of lime



4 small sprigs mint leaves



0.3 cup appleton estate extra 12 year old rum



2 tablespoons el dorado 12 year old rum



2 cups blanc de blancs sparkling wine



2 tablespoons orgeat

☐ 2 tablespoons orgeat

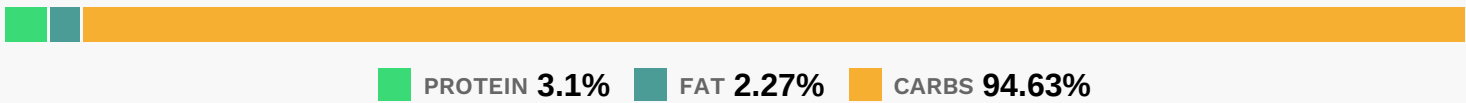
Equipment

- ☐ knife
- ☐ measuring cup
- ☐ zester

Directions

- ☐ Pour lime juice, orgeat, orange liqueur, and rums into a glass measuring cup. Stir and chill at least 1 hour.
- ☐ Divide rum mixture between 4 chilled Champagne flutes and top each with 1/2 cup sparkling wine.
- ☐ Cut 4 spirals of zest from lime (use a 1-hole bartender's zester or a sharp knife) and put a spiral in each drink along with a mint sprig.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:1.7130435063787%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 7.98mg, Hesperetin: 7.98mg, Hesperetin: 7.98mg, Hesperetin: 7.98mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 162.82kcal (8.14%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 8.09g (2.94%), Sugar: 6.52g (7.24%), Cholesterol: 0mg (0%), Sodium: 10.46mg (0.45%), Alcohol: 18.9g (100%), Alcohol %: 13.27% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.28g (0.57%), Vitamin C: 7.44mg (9.02%), Potassium: 140.26mg (4.01%), Magnesium: 14.65mg (3.66%), Iron: 0.65mg (3.6%), Phosphorus: 24.28mg (2.43%), Fiber: 0.58g (2.32%), Copper: 0.04mg (1.99%), Calcium: 19.77mg (1.98%), Vitamin B6: 0.04mg (1.76%), Vitamin B2: 0.02mg (1.27%), Folate: 4.41µg (1.1%), Vitamin A: 54.6IU (1.09%), Manganese: 0.02mg (1.05%), Vitamin

B3: 0.2mg (1.02%)