

Strawberry Daiquiri

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



209 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup ice crushed
- 0.5 ounce juice of lime freshly squeezed
- 2 ounces rum light white such as bacardi
- 5 large strawberries
- 2 teaspoons sugar

Equipment

- blender

Directions

- Combine all of the ingredients in a blender and pulse until well mixed and the ice is dissolved.
- Pour into a large, chilled martini glass.
- Serve immediately.
- From Rum Drinks: 50 Caribbean Cocktails, from Cuba Libre to Rum Daisy by Jessica B. Harris. Text copyright © 2009 by Jessica B. Harris; photographs copyright © 2009 by Tara Donne. Published by Chronicle Books LLC.

Nutrition Facts

 **PROTEIN 4.49%**  **FAT 4.61%**  **CARBS 90.9%**

Properties

Glycemic Index:125.09, Glycemic Load:8.65, Inflammation Score:-6, Nutrition Score:8.4199999246908%

Flavonoids

Cyanidin: 2.27mg, Cyanidin: 2.27mg, Cyanidin: 2.27mg, Cyanidin: 2.27mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 33.55mg, Pelargonidin: 33.55mg, Pelargonidin: 33.55mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.2mg, Catechin: 4.2mg, Catechin: 4.2mg, Catechin: 4.2mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 208.52kcal (10.43%), Fat: 0.44g (0.68%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 16.77g (6.1%), Sugar: 14.83g (16.47%), Cholesterol: 0mg (0%), Sodium: 8.2mg (0.36%), Alcohol: 18.94g (100%), Alcohol %: 7.23% (100%), Protein: 0.96g (1.93%), Vitamin C: 83.63mg (101.37%), Manganese: 0.53mg (26.71%), Fiber: 2.76g (11.03%), Folate: 33.82µg (8.45%), Potassium: 224.43mg (6.41%), Copper: 0.1mg (5%), Magnesium: 19.87mg (4.97%), Phosphorus: 36.65mg (3.67%), Vitamin B6: 0.07mg (3.47%), Iron: 0.59mg (3.29%),

Vitamin K: 3.06µg (2.91%), Vitamin E: 0.42mg (2.82%), Vitamin B3: 0.55mg (2.74%), Calcium: 27.21mg (2.72%),
Vitamin B1: 0.04mg (2.62%), Vitamin B2: 0.04mg (2.09%), Vitamin B5: 0.19mg (1.86%), Zinc: 0.24mg (1.57%)