



Strawberry Daiquiri



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



23 kcal

SIDE DISH

Ingredients



3 cups ice cubes



10 ounce strawberries sweetened frozen

Equipment



blender

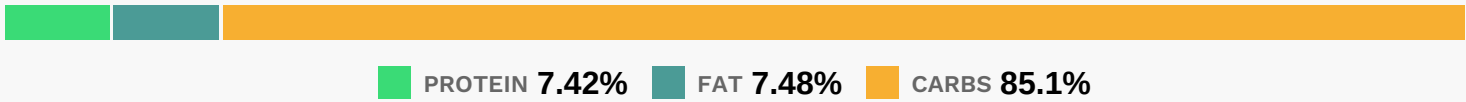
Directions



In a blender half full of ice, combine strawberries and citrus soda. Blend until smooth.

☐ Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:1.61, Inflammation Score:-3, Nutrition Score:4.2713042815094%

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 Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg 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: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 22.68kcal (1.13%), Fat: 0.21g (0.33%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 4.03g (1.46%), Sugar: 3.47g (3.85%), Cholesterol: 0mg (0%), Sodium: 9.58mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.95%), Vitamin C: 41.67mg (50.51%), Manganese: 0.27mg (13.68%), Fiber: 1.42g (5.67%), Folate: 17.01µg (4.25%), Copper: 0.06mg (3.12%), Potassium: 108.44mg (3.1%), Magnesium: 10.99mg (2.75%), Phosphorus: 17.01mg (1.7%), Calcium: 16.66mg (1.67%), Vitamin B6: 0.03mg (1.67%), Iron: 0.29mg (1.61%), Vitamin K: 1.56µg (1.48%), Vitamin E: 0.21mg (1.37%), Vitamin B3: 0.27mg (1.37%), Vitamin B1: 0.02mg (1.13%)