

The Perfect Classic Daiquiri



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



191 kcal

BEVERAGE

DRINK

Ingredients



2 ounce rum light



1 lime



1 slices lime as garnish



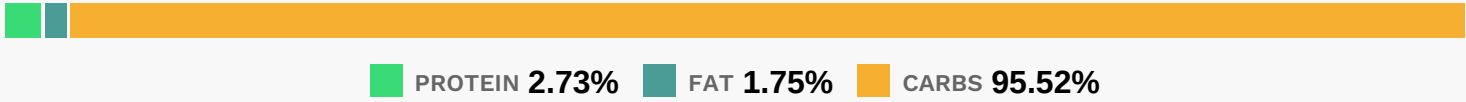
0.5 ounce simple syrup glaze

Equipment

Directions

- ☐
- Using your fingers squeeze about 1 oz lime juice directly into a shaker half-filled with ice cubes.
- ☐
- Add the rum and simple syrup. Cover and shake vigorously, strain into a chilled cocktail glass.
- ☐
- Garnish with lime slice.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:1.82, Inflammation Score:-4, Nutrition Score:2.8543478522612%

Flavonoids

Hesperetin: 31.82mg, Hesperetin: 31.82mg, Hesperetin: 31.82mg, Hesperetin: 31.82mg Naringenin: 2.52mg, Naringenin: 2.52mg, Naringenin: 2.52mg, Naringenin: 2.52mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 191.3kcal (9.57%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 18.14g (6.05%), Net Carbohydrates: 16.07g (5.84%), Sugar: 11.63g (12.92%), Cholesterol: 0mg (0%), Sodium: 10.27mg (0.45%), Alcohol: 18.94g (100%), Alcohol %: 16.57% (100%), Protein: 0.52g (1.04%), Vitamin C: 21.53mg (26.1%), Fiber: 2.07g (8.29%), Iron: 0.98mg (5.43%), Copper: 0.06mg (3.14%), Vitamin B1: 0.04mg (2.94%), Calcium: 26.26mg (2.63%), Potassium: 85.54mg (2.44%), Phosphorus: 16.72mg (1.67%), Vitamin B6: 0.03mg (1.62%), Vitamin B5: 0.16mg (1.61%), Vitamin B2: 0.03mg (1.5%), Folate: 5.92µg (1.48%), Magnesium: 5.86mg (1.46%), Vitamin E: 0.16mg (1.09%)