



The Perfect Mai Tai

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



27 min.

SERVINGS



8

CALORIES



620 kcal

BEVERAGE

DRINK

Ingredients

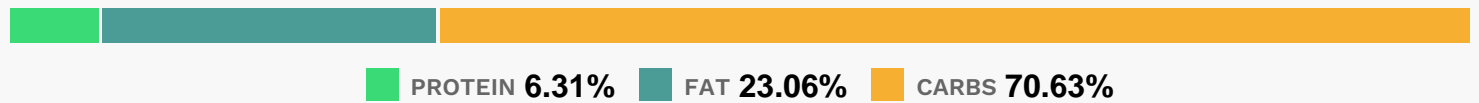
- 1 cup almond syrup flavored
- 1 cup rum dark
- 10 juice of lime juiced
- 2 cups rum light
- 1 cup orange curaçao orange flavored (liqueur)
- 0.5 gallon orange juice fresh
- 1 cup proof rum
- 1 cup simple syrup glaze

Equipment

Directions

- In a large jar or drink cooler, combine the light rum, dark rum, 151 rum, orange liqueur, almond syrup, simple syrup, and lime juice. Stir and top off with orange juice. Do not use grenadine if you want the true Mai Tai!
- Serve in 8 to 12 ounce glasses with ice.

Nutrition Facts



Properties

Glycemic Index:18.69, Glycemic Load:13.61, Inflammation Score:-9, Nutrition Score:16.185652315617%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg Hesperetin: 37.77mg, Hesperetin: 37.77mg, Hesperetin: 37.77mg, Hesperetin: 37.77mg Naringenin: 8.73mg, Naringenin: 8.73mg, Naringenin: 8.73mg, Naringenin: 8.73mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 620.43kcal (31.02%), Fat: 9.45g (14.53%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 65.09g (21.7%), Net Carbohydrates: 61.69g (22.43%), Sugar: 54.22g (60.25%), Cholesterol: 0mg (0%), Sodium: 28.93mg (1.26%), Alcohol: 40.08g (100%), Alcohol %: 10.66% (100%), Protein: 5.81g (11.63%), Vitamin C: 141.51mg (171.53%), Vitamin E: 4.79mg (31.96%), Manganese: 0.48mg (23.78%), Vitamin B1: 0.34mg (22.7%), Folate: 89.34µg (22.34%), Magnesium: 83.75mg (20.94%), Potassium: 717.74mg (20.51%), Vitamin B2: 0.32mg (18.79%), Copper: 0.34mg (17.1%), Iron: 2.76mg (15.32%), Phosphorus: 142.77mg (14.28%), Fiber: 3.4g (13.59%), Vitamin A: 542.73IU (10.85%), Calcium: 93.83mg (9.38%), Vitamin B3: 1.77mg (8.84%), Vitamin B6: 0.15mg (7.4%), Vitamin B5: 0.64mg (6.36%), Zinc: 0.85mg (5.67%), Selenium: 1.41µg (2.02%)