



## Trader Vic Mai Tai Cocktail



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



197 kcal

BEVERAGE

DRINK

### Ingredients

- 1 sprig mint leaves fresh
- 1 cup ice cubes
- 1 juice of lime juiced
- 0.5 fluid ounce orange curaçao liqueur
- 0.3 fluid ounce rock candy syrup
- 2 fluid ounces year old j. wray nephew jamaican rum
- 0.5 fluid ounce garnier orgeat french
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# Equipment

## Directions

- Fill a rocks glass with 1 cup crushed ice. Set aside in the freezer.
- Combine rum, orgeat, orange Curacao, rock candy syrup, and lime juice in a cocktail shaker.
- Add 1 cup ice, cover and shake until chilled. Strain into the chilled rocks glass.
- Garnish with half of the lime shell inside the drink and float a sprig of fresh mint on the edge of the glass.

## Nutrition Facts



## Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.9978261013394%

## Flavonoids

Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg Hesperetin: 2.79mg, Hesperetin: 2.79mg, Hesperetin: 2.79mg, Hesperetin: 2.79mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 197kcal (9.85%), Fat: 0.17g (0.27%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 7.24g (2.63%), Sugar: 5.27g (5.85%), Cholesterol: 3.7mg (1.23%), Sodium: 19.98mg (0.87%), Alcohol: 23.6g (100%), Alcohol %: 8.57% (100%), Caffeine: 3.84mg (1.28%), Protein: 1.54g (3.07%), Vitamin C: 9.32mg (11.29%), Selenium: 4.73µg (6.76%), Copper: 0.07mg (3.5%), Phosphorus: 23.34mg (2.33%), Potassium: 74.94mg (2.14%), Magnesium: 8.01mg (2%), Vitamin D: 0.28µg (1.87%), Vitamin B12: 0.1µg (1.71%), Manganese: 0.03mg (1.56%), Calcium: 14.91mg (1.49%), Vitamin B2: 0.03mg (1.48%), Vitamin B6: 0.03mg (1.44%), Vitamin B3: 0.27mg (1.33%), Folate: 4.81µg (1.2%), Vitamin A: 58.59IU (1.17%)