



Watermelon Mai Tai

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



1

CALORIES



289 kcal

BEVERAGE

DRINK

Ingredients

- 1 serving ice cubes for serving
- 1 juice of lime juiced for garnish
- 3 tablespoons rum light
- 2 tablespoons st. germaine liqueur
- 1 tablespoon caster sugar
- 0.5 cup watermelon seedless seeds removed cubed

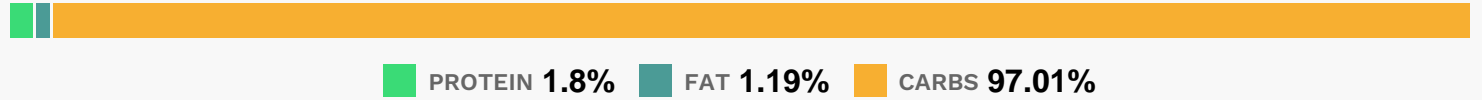
Equipment

- blender

Directions

- Place the watermelon, rum, St. Germaine liqueur, lime juice and superfine sugar in the pitcher of a blender and blend on high until well blended.
- Pour into a double old-fashioned glass filled with ice.
- Garnish with a lime wedge and enjoy.

Nutrition Facts



Properties

Glycemic Index:159.76, Glycemic Load:12.43, Inflammation Score:-5, Nutrition Score:2.4704348205224%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 289.24kcal (14.46%), Fat: 0.17g (0.27%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 31.84g (10.61%), Net Carbohydrates: 31.41g (11.42%), Sugar: 28.7g (31.89%), Cholesterol: 0mg (0%), Sodium: 4.73mg (0.21%), Alcohol: 26.96g (100%), Alcohol %: 13.75% (100%), Protein: 0.59g (1.18%), Vitamin C: 15.16mg (18.37%), Vitamin A: 447.44IU (8.95%), Potassium: 121.36mg (3.47%), Copper: 0.06mg (2.96%), Magnesium: 10.56mg (2.64%), Vitamin B1: 0.04mg (2.35%), Vitamin B6: 0.05mg (2.3%), Manganese: 0.04mg (2.14%), Vitamin B5: 0.2mg (2.05%), Fiber: 0.42g (1.7%), Vitamin B2: 0.02mg (1.44%), Phosphorus: 14.36mg (1.44%), Folate: 5.28µg (1.32%), Iron: 0.23mg (1.3%), Calcium: 11.32mg (1.13%)