



Healthdor

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Strawberry Goldrush ♦

A refreshing and fruity cocktail made with fresh strawberries and gold rum. Perfect for a summer gathering or a night out.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

250 g	fresh strawberries
300 ml	gold rum
50 ml	lime juice
50 ml	simple syrup
200 g	ice cubes
10 g	mint leaves

Directions

Step 1

Blending

In a blender, combine the fresh strawberries, gold rum, lime juice, simple syrup, and ice cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

Blend until smooth and well combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Pour the mixture into glasses and garnish with mint leaves.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	6 mg	0.18%	0.23%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Easter

Cuisines

Italian French

Course

Drinks Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Diwali Hanukkah Oktoberfest Ramadan Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 Over \$50

Demographics

Teen Friendly

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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