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Strawberry Banana Daiquiri ♦♦

The Strawberry Banana Daiquiri is a refreshing and fruity cocktail that is perfect for summer. It combines the sweet flavors of strawberries and bananas with a splash of rum for a tropical twist. This drink is best enjoyed on a hot day by the pool or at a beachside bar.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

200 g	Strawberries
200 g	Bananas
100 ml	rum
2 c	Ice
2 tbsp	lime juice

2 tbsp sugar

Directions

Step 1

Blending

In a blender, combine the strawberries, bananas, rum, ice, lime juice, and sugar.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Pour into glasses and garnish with a strawberry slice or banana slice, if desired.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	20 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	15 iu	1.67%	2.14%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	2 mg	25%	11.11%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Meal Type

Lunch Snack

Course

Drinks

Difficulty Level

Easy

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