

# Pineapple-Jalapeno Daiquiris

*dashrecipes.com*

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## Servings: 4

*1 jalapeno pepper*  
*2 1/2 cups chopped pineapple*  
*3/4 cup rum*  
*2 to 3 tablespoons sugar*  
*juice of one lime*  
*1 1/2 cups ice*  
*jalapeno slices (for garnish)*  
*cilantro sprigs (for garnish)*

Thinly slice the jalapeno pepper. (Remove the seeds for less heat.)

In a shallow dish, combine the jalapeno with the pineapple. Freeze until firm, at least three hours.

Transfer to a blender. Add the rum, sugar, lime juice and ice. Puree until smooth.

Divide among four glasses.

Top with jalapeno slices and a cilantro sprig.

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Per Serving (excluding unknown items): 484 Calories; trace Fat (0.0% calories from fat); trace Protein; 100g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Vegetable; 0 Fat; 6 1/2 Other Carbohydrates.

## Beverages

### Per Serving Nutritional Analysis

Calories (kcal):	484
% Calories from Fat:	0.0%
% Calories from Carbohydrates:	99.9%
% Calories from Protein:	0.0%
Total Fat (g):	trace
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	100g
	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	96
% Daily Value*	0.0%

### Food Exchanges

0  
1

**Dietary Fiber (g):**  
**Protein (g):** trace  
**Sodium (mg):** 4mg  
**Potassium (mg):** 10mg  
**Calcium (mg):** 3mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 8IU  
**Vitamin A (r.e.):** 1RE

**Grain (Starch):**  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 6 1/2

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 484 Calories from Fat: 0

#### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat 0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	4mg	0%
<b>Total Carbohydrates</b>	100g	33%
	Dietary Fiber trace	0%
<b>Protein</b>	trace	

<b>Vitamin A</b>		0%
<b>Vitamin C</b>		3%
<b>Calcium</b>		0%
<b>Iron</b>		1%

\* Percent Daily Values are based on a 2000 calorie diet.