



Blended Blue Hawaiian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



91 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup agave nectar
- ☐ 0.5 ounce amaretto
- ☐ 1 ounce malibu coconut rum
- ☐ 1 ounce curacao blue
- ☐ 4 cups ice cubes
- ☐ 1 ounce juice of lime fresh
- ☐ 2.5 ounces pineapple vodka

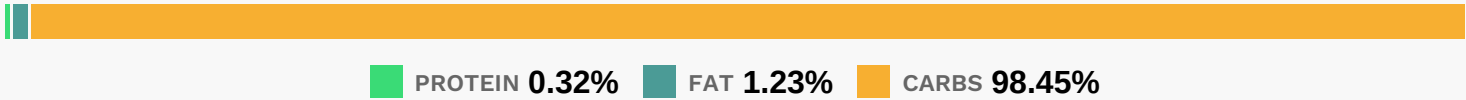
Equipment

blender

Directions

Combine all ingredients in blender. Blend until smooth.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:1.26, Inflammation Score:-1, Nutrition Score:0.73956522037802%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 91.39kcal (4.57%), Fat: 0.06g (0.1%), Saturated Fat: 0g (0.02%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 11.15g (4.05%), Sugar: 9.49g (10.54%), Cholesterol: 0mg (0%), Sodium: 10.39mg (0.45%), Alcohol: 7.17g (100%), Alcohol %: 3.88% (100%), Protein: 0.04g (0.07%), Vitamin C: 3.57mg (4.33%), Vitamin K: 2.51µg (2.39%), Copper: 0.04mg (1.77%), Vitamin B6: 0.03mg (1.39%), Vitamin B2: 0.02mg (1.2%), Vitamin B1: 0.02mg (1.04%)