



Blue Hawaiian

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



106 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 fluid ounces coconut-flavored rum
- 1 fluid ounce curacao blue
- 2 fluid ounces pineapple juice

Equipment

Directions

Pour the pineapple juice, curacao, and rum into a cocktail shaker over ice. Cover, and shake until the outside of the shaker has frosted. Strain into a chilled martini glass to serve.

Nutrition Facts

PROTEIN 1.39% **FAT 1.04%** **CARBS 97.57%**

Properties

Glycemic Index:46, Glycemic Load:3.45, Inflammation Score:-3, Nutrition Score:1.7908695539379%

Nutrients (% of daily need)

Calories: 106.44kcal (5.32%), Fat: 0.07g (0.11%), Saturated Fat: 0g (0.03%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 14.79g (5.38%), Sugar: 11.12g (12.35%), Cholesterol: 0mg (0%), Sodium: 1.18mg (0.05%), Alcohol: 8.87g (100%), Alcohol %: 8.44% (100%), Protein: 0.21g (0.43%), Manganese: 0.3mg (14.9%), Vitamin C: 5.91mg (7.17%), Vitamin B6: 0.06mg (2.96%), Folate: 10.65µg (2.66%), Vitamin B1: 0.03mg (2.29%), Potassium: 76.88mg (2.2%), Copper: 0.04mg (2.04%), Magnesium: 7.1mg (1.77%), Iron: 0.18mg (1.02%)