

Blue Hawaiian

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 ounce curaao liqueur blue
- ☐ 1 serving splash of half-and-half
- ☐ 1 leaf pineapple and lime wheel for garnish
- ☐ 0.5 ounce juice of lime fresh
- ☐ 2 ounces pineapple juice
- ☐ 1.5 ounces vodka

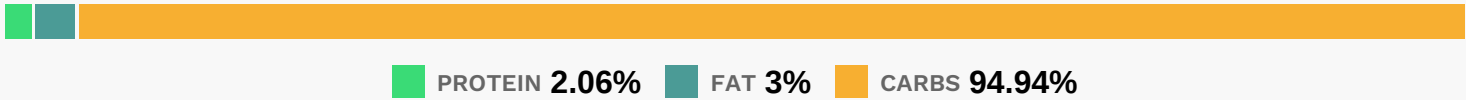
Equipment

- ☐ blender

Directions

- ☐ Combine all the ingredients in a cocktail shaker. Top with ice and shake vigorously. Strain into a tall glass filled with fresh crushed ice. (Or simply combine everything in a blender cup.
- ☐ Add 3/4 cup of crushed ice and flash blend for 5 seconds.
- ☐ Pour into cocktail glass.)
- ☐ Garnish with the pineapple leaf and lime wheel.
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Nutrition Facts



Properties

Glycemic Index:93, Glycemic Load:3.33, Inflammation Score:-3, Nutrition Score:2.1930435104701%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 187.43kcal (9.37%), Fat: 0.19g (0.3%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 13.89g (4.63%), Net Carbohydrates: 13.69g (4.98%), Sugar: 9.7g (10.78%), Cholesterol: 0.35mg (0.12%), Sodium: 2.47mg (0.11%), Alcohol: 20.58g (100%), Alcohol %: 19.08% (100%), Protein: 0.3g (0.6%), Manganese: 0.29mg (14.42%), Vitamin C: 10.22mg (12.39%), Vitamin B6: 0.06mg (3.15%), Folate: 11.73µg (2.93%), Potassium: 93.06mg (2.66%), Vitamin B1: 0.04mg (2.61%), Copper: 0.05mg (2.4%), Magnesium: 8.1mg (2.02%), Vitamin B2: 0.02mg (1.13%), Iron: 0.2mg (1.11%), Calcium: 10.76mg (1.08%)