

Blue Island Ice Tea

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



1

CALORIES



121 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 fluid ounce coca-cola
- 0.3 fluid ounce curacao blue
- 0.3 fluid ounce hendrick's gin
- 1 cup ice cubes
- 1 wedge lime
- 0.3 fluid ounce rum white
- 0.3 fluid ounce tequila
- 0.3 fluid ounce vodka

0.3 fluid ounce mix sweet sour

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Equipment

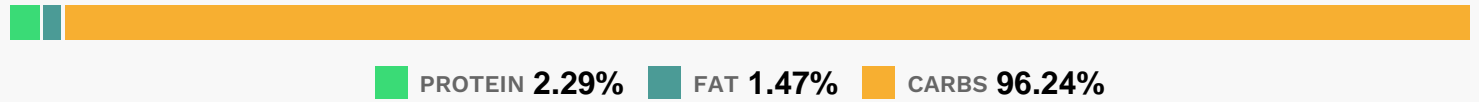
Directions

Fill a highball glass with ice cubes.

Pour in the rum, tequila, gin, blue curacao, vodka, sour mix, and cola. Do not stir, allow the liquors to remain layered!

Garnish with a lime wedge to serve.

Nutrition Facts



Properties

Glycemic Index:155, Glycemic Load:1.33, Inflammation Score:-2, Nutrition Score:0.82130434137324%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 121.29kcal (6.06%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.02%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 5.23g (1.9%), Sugar: 3.37g (3.74%), Cholesterol: 0mg (0%), Sodium: 13.15mg (0.57%), Alcohol: 15.3g (100%), Alcohol %: 6.13% (100%), Protein: 0.14g (0.27%), Vitamin C: 5.24mg (6.35%), Copper: 0.06mg (2.83%), Fiber: 0.5g (2.02%), Calcium: 13.33mg (1.33%)