

Blue Motorcycle



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



2 min.

SERVINGS



1

CALORIES



26 kcal

SIDE DISH

Ingredients



2 cups ice cubes



1 slice optional: lemon fresh



2 fluid ounces lemon lime soda flavored



1 dash frangelico sour



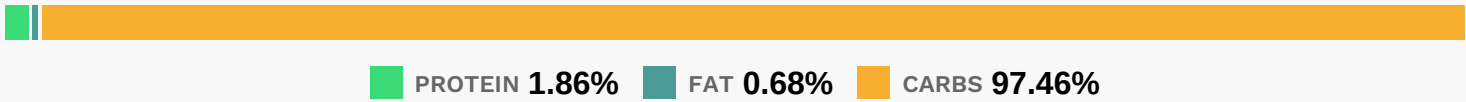
1 dash frangelico sour

Equipment

Directions

- ☐ In a cocktail shaker filled with ice, combine the vodka, tequila, rum, gin, Blue Curacao, sour mix and lemon-lime soda. Shake vigorously to get a frothy head on the drink.
- ☐ Pour the contents of the shaker, including ice, into tall bar glass and garnish with a slice of lemon.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:0.63695652612849%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 26.28kcal (1.31%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 6.62g (2.41%), Sugar: 6.2g (6.89%), Cholesterol: 0mg (0%), Sodium: 29.71mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.87mg (2.96%), Protein: 0.13g (0.26%), Vitamin C: 3.71mg (4.5%), Copper: 0.08mg (3.91%), Calcium: 17.2mg (1.72%), Magnesium: 5.88mg (1.47%)