



Coastal Skies



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



325 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup amaretto
- ☐ 1 cup curacao blue
- ☐ 1 slices lime wedges
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.5 cup pineapple juice
- ☐ 5 servings simple syrup glaze
- ☐ 1 cup vodka
- ☐ 0.3 cup frangelico sweet sour

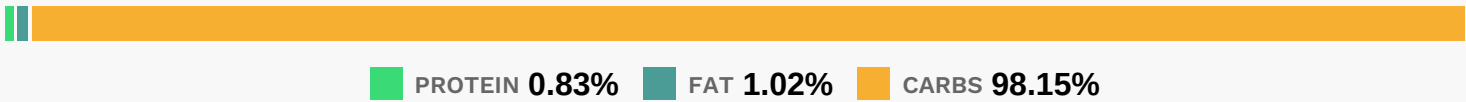
0.3 cup frangelico sweet sour

Equipment

Directions

- Combine first 6 ingredients in an ice-filled pitcher.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:18.6, Glycemic Load:1.38, Inflammation Score:-4, Nutrition Score:1.5052173623572%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 2.26mg, Hesperetin: 2.26mg, Hesperetin: 2.26mg, Hesperetin: 2.26mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 325.05kcal (16.25%), Fat: 0.12g (0.18%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 25.11g (8.37%), Net Carbohydrates: 24.96g (9.08%), Sugar: 19.44g (21.6%), Cholesterol: 0mg (0%), Sodium: 3.91mg (0.17%), Alcohol: 36.35g (100%), Alcohol %: 27.44% (100%), Caffeine: 6.14mg (2.05%), Protein: 0.21g (0.42%), Vitamin C: 9.68mg (11.73%), Manganese: 0.13mg (6.37%), Potassium: 67.39mg (1.93%), Copper: 0.04mg (1.87%), Folate: 6.68µg (1.67%), Vitamin B6: 0.03mg (1.64%), Vitamin B1: 0.02mg (1.63%), Magnesium: 5.59mg (1.4%)