



Kona Swizzle



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



300 kcal

BEVERAGE

DRINK

Ingredients

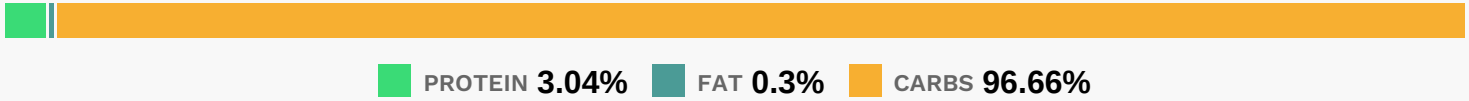
- ☐ 1 dash angostura bitters
- ☐ 2 dashes peychaud's bitters
- ☐ 2 tablespoons juice of lime fresh
- ☐ 4 mint sprigs
- ☐ 4.5 teaspoons orgeat syrup
- ☐ 1 teaspoon simple syrup glaze
- ☐ 0.3 cup spiced rum

Equipment

Directions

- ☐
- Gently muddle (or mix with a swizzlestick) 1/4 cup spiced rum (or try Chairman's Reserve Spiced
-
- ☐
- Rum), 4 1/2 teaspoons orgeat syrup (such as Brooklyn Orgeat Works or Monin), 2
-
- tablespoons fresh lime juice, 1 teaspoon simple syrup, and 2 mint sprigs in a cocktail
-
- shaker. Cover and shake well.
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- ☐
- Pour into a Pilsner or Collins glass. Fill glass halfway with crushed ice, pushing mint toward
-
- bottom of the glass. Stir with a swizzle stick. Top with more crushed ice, mounding over rim of
-
- the glass. Top with 2 dashes
-
- ☐
- Peychaud's bitters and 1 dash Angostura bitters.
-
- ☐
- Garnish with 2 mint sprigs.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:1.8552173855512%

Flavonoids

Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg Hesperetin: 3.1mg, Hesperetin:
3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin:
0.11mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.51mg, Luteolin: 0.51mg,
Luteolin: 0.51mg, Luteolin: 0.51mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 299.91kcal (15%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 42.84g (14.28%), Net
Carbohydrates: 42.4g (15.42%), Sugar: 32.81g (36.45%), Cholesterol: 0mg (0%), Sodium: 38.45mg (1.67%), Alcohol:
21.39g (100%), Alcohol %: 18.19% (100%), Protein: 1.35g (2.69%), Vitamin C: 10.27mg (12.45%), Calcium: 44.83mg
(4.48%), Vitamin A: 184.92IU (3.7%), Manganese: 0.06mg (3.16%), Iron: 0.51mg (2.81%), Folate: 7.56µg (1.89%),
Potassium: 63.47mg (1.81%), Copper: 0.04mg (1.76%), Fiber: 0.44g (1.76%), Magnesium: 6.3mg (1.58%), Vitamin B1:
0.02mg (1.57%), Vitamin B2: 0.02mg (1.28%), Phosphorus: 10.08mg (1.01%)