



## Kona Swizzle



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



300 kcal

BEVERAGE

DRINK

## Ingredients

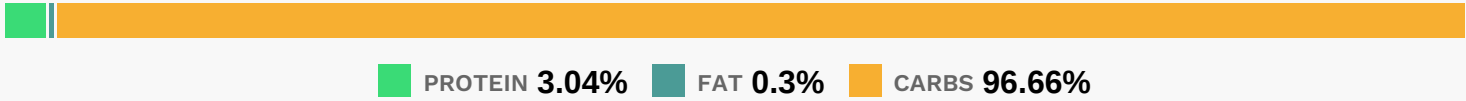
- ☐ 1 dash angostura bitters
- ☐ 2 dashes peychaud's bitters
- ☐ 2 tablespoons juice of lime fresh
- ☐ 4 mint sprigs
- ☐ 4.5 teaspoons orgeat syrup
- ☐ 1 teaspoon simple syrup glaze
- ☐ 0.3 cup spiced rum

## 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.
- 
- ☐
- 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%), Fiber: 0.44g (1.76%), Copper: 0.04mg (1.76%), Magnesium: 6.3mg (1.58%), Vitamin B1:  
0.02mg (1.57%), Vitamin B2: 0.02mg (1.28%), Phosphorus: 10.08mg (1.01%)