

Lava Lava Beach Club- Blue Hawaii



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



215 kcal

BEVERAGE

DRINK

Ingredients

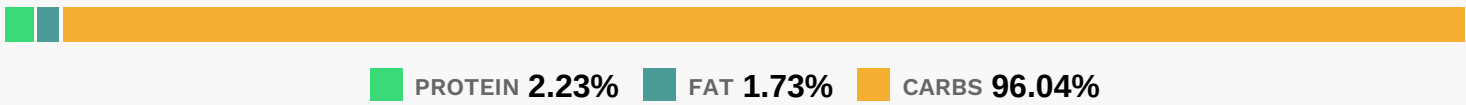
- ☐ 0.5 ounce curacao blue
- ☐ 1 scoop ice cubes
- ☐ 0.3 ounce juice of lemon
- ☐ 0.3 ounce juice of lime
- ☐ 3 ounce pineapple juice
- ☐ 1 ounce silver rum
- ☐ 1 ounce vodka

Equipment

Directions

- ☐
- Fill a hurricane or tall chimney glass with ice. Set aside.
- ☐
- Add rum, vodka, Curaçao, and all three juices to a separate, equally sized glass.Gently roll the liquid and ice cubes back and forth between the glasses three times. This technique, known as rolling, allows the cocktail to become chilled and well-mixed, yet remain crystal clear.
- ☐
- Garnish with an orange slice and enjoy
- ☐
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Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:4.96, Inflammation Score:-3, Nutrition Score:3.0452173993639%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Hesperetin: 1.66mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 215.38kcal (10.77%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 15.31g (5.57%), Sugar: 11.29g (12.54%), Cholesterol: 0mg (0%), Sodium: 2.53mg (0.11%), Alcohol: 23.19g (100%), Alcohol %: 17.18% (100%), Protein: 0.36g (0.72%), Manganese: 0.44mg (21.79%), Vitamin C: 13.37mg (16.21%), Vitamin B6: 0.09mg (4.56%), Folate: 17.43µg (4.36%), Vitamin B1: 0.06mg (3.73%), Potassium: 127.01mg (3.63%), Copper: 0.07mg (3.53%), Magnesium: 11.21mg (2.8%), Iron: 0.29mg (1.61%), Vitamin B2: 0.02mg (1.36%), Calcium: 12.5mg (1.25%), Phosphorus: 10.91mg (1.09%)