



Moody Blue



Gluten Free



Dairy Free

READY IN



3 min.

SERVINGS



1

CALORIES



481 kcal

BEVERAGE

DRINK

Ingredients

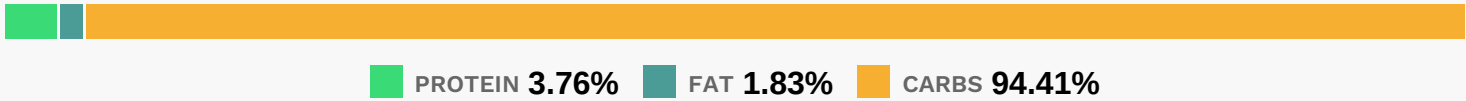
- ☐ 2 shots curacao blue
- ☐ 1 shot hendrick's gin
- ☐ 1 serving ice cubes
- ☐ 1 serving cranberry-orange relish for garnish
- ☐ 1 serving splash orange juice
- ☐ 1 shot vermouth sweet

Equipment

Directions

- ☐ In a cocktail shaker filled with ice cubes, add gin, sweet vermouth, blue curacao, and orange juice. Stir and strain into rocks glass filled with ice.
- ☐ Garnish with an orange slice.

Nutrition Facts



Properties

Glycemic Index:109.5, Glycemic Load:12.61, Inflammation Score:-9, Nutrition Score:9.7604348102342%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 44.84mg, Hesperetin: 44.84mg, Hesperetin: 44.84mg, Hesperetin: 44.84mg Naringenin: 17.43mg, Naringenin: 17.43mg, Naringenin: 17.43mg, Naringenin: 17.43mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 481.25kcal (24.06%), Fat: 0.45g (0.69%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 51.86g (17.29%), Net Carbohydrates: 49.36g (17.95%), Sugar: 38.34g (42.6%), Cholesterol: 0mg (0%), Sodium: 4.94mg (0.21%), Alcohol: 45.51g (100%), Alcohol %: 11.7% (100%), Protein: 2.07g (4.13%), Vitamin C: 132.88mg (161.07%), Folate: 78µg (19.5%), Vitamin B1: 0.23mg (15.6%), Potassium: 503.78mg (14.39%), Vitamin A: 542.5IU (10.85%), Fiber: 2.5g (10%), Magnesium: 28.26mg (7.07%), Copper: 0.13mg (6.67%), Vitamin B6: 0.12mg (6.12%), Calcium: 56.38mg (5.64%), Vitamin B5: 0.55mg (5.48%), Vitamin B2: 0.09mg (5.22%), Vitamin B3: 0.94mg (4.7%), Phosphorus: 43.26mg (4.33%), Manganese: 0.05mg (2.71%), Iron: 0.45mg (2.49%), Vitamin E: 0.23mg (1.53%), Zinc: 0.17mg (1.14%)