

Royal Blue Cocktail



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



165 kcal

BEVERAGE

DRINK

Ingredients

- 1 serving lime wedges
- 1 serving granulated sugar
- 1 serving ice cubes
- 0.3 cup cranberry juice cocktail
- 1 oz citron
- 1 oz curacao blue
- 1 tablespoon juice of lime fresh

Equipment

Directions

- Moisten rim of chilled martini glass with lime wedge.
- Sprinkle sugar onto small plate, and dip moistened rim into the sugar to coat lightly.
- Fill cocktail shaker with ice.
- Add cranberry juice, vodka, curacao and lime juice; cover and shake. Strain into martini glass.

Nutrition Facts

PROTEIN 1.52% **FAT 0.79%** **CARBS 97.69%**

Properties

Glycemic Index:162.09, Glycemic Load:13.53, Inflammation Score:-3, Nutrition Score:2.7895651485609%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 164.91kcal (8.25%), Fat: 0.11g (0.18%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 31.81g (10.6%), Net Carbohydrates: 30.87g (11.22%), Sugar: 25.2g (28%), Cholesterol: 0mg (0%), Sodium: 4.93mg (0.21%), Alcohol: 8.5g (100%), Alcohol %: 5.28% (100%), Protein: 0.5g (0.99%), Vitamin C: 39.68mg (48.1%), Fiber: 0.94g (3.75%), Manganese: 0.03mg (1.68%), Calcium: 14.63mg (1.46%), Iron: 0.23mg (1.28%), Vitamin E: 0.17mg (1.16%), Copper: 0.02mg (1.04%)