



The Blue Steel



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



54 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 dash angostura bitters
- ☐ 0.5 ounce curacao blue
- ☐ 5 servings ice cubes crushed
- ☐ 5 servings orange and lime wheels for garnish
- ☐ 0.5 ounce juice of lime freshly squeezed
- ☐ 0.3 ounce passion fruit juice
- ☐ 2 ounces golden rum
- ☐ 0.5 ounce simple syrup glaze (see Note)

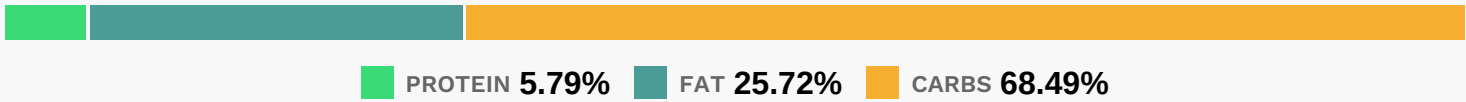
0.3 ounce orgeat (almond-flavored syrup)

Equipment

Directions

- In a cocktail glass, stir everything except the ice, blue curacao and garnishes.
- Add crushed ice and mix with a swizzle stick or bar spoon, then pack more crushed ice on top.
- Pour the blue curacao over the drink and garnish with orange and lime wheels.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:0.88043478633399%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 53.71kcal (2.69%), Fat: 0.72g (1.11%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 3.95g (1.44%), Sugar: 3.02g (3.35%), Cholesterol: 0mg (0%), Sodium: 2.1mg (0.09%), Alcohol: 4.73g (100%), Alcohol %: 19.4% (100%), Protein: 0.37g (0.73%), Vitamin C: 3.31mg (4.01%), Vitamin E: 0.38mg (2.56%), Manganese: 0.04mg (1.78%), Fiber: 0.39g (1.55%), Vitamin B2: 0.02mg (1.29%), Magnesium: 5.01mg (1.25%), Copper: 0.02mg (1.19%), Iron: 0.21mg (1.15%)