



Bee's Kiss

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



226 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

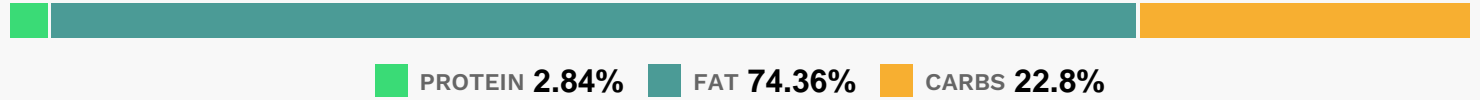
- 1 ounce cup heavy whipping cream
- 1 teaspoon honey
- 1 serving ice cubes
- 1.5 ounces rum light
- 1 serving grating nutmeg whole for grating

Equipment

Directions

- Place a cocktail glass in the freezer to chill.
- Place the rum, cream, and honey in a cocktail shaker.
- Add ice to fill the shaker halfway, cover, and shake until the outside is frosted, about 30 seconds. Strain into the chilled glass and top with freshly grated nutmeg.

Nutrition Facts



Properties

Glycemic Index:137.27, Glycemic Load:3.41, Inflammation Score:-4, Nutrition Score:1.7417391396087%

Nutrients (% of daily need)

Calories: 226.4kcal (11.32%), Fat: 10.96g (16.86%), Saturated Fat: 7.04g (43.99%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 7.13g (2.59%), Sugar: 7.14g (7.94%), Cholesterol: 32.03mg (10.68%), Sodium: 11.48mg (0.5%), Alcohol: 14.2g (100%), Alcohol %: 13.25% (100%), Protein: 0.94g (1.89%), Vitamin A: 418.78IU (8.38%), Manganese: 0.07mg (3.58%), Vitamin B2: 0.06mg (3.46%), Vitamin D: 0.45µg (3.02%), Calcium: 24.49mg (2.45%), Phosphorus: 22.68mg (2.27%), Copper: 0.04mg (2.2%), Vitamin E: 0.26mg (1.74%), Fiber: 0.43g (1.72%), Magnesium: 6.34mg (1.59%), Selenium: 0.94µg (1.34%), Potassium: 38.42mg (1.1%), Vitamin B1: 0.02mg (1.01%)