

Brandy Alexander

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



433 kcal

BEVERAGE

DRINK

Ingredients

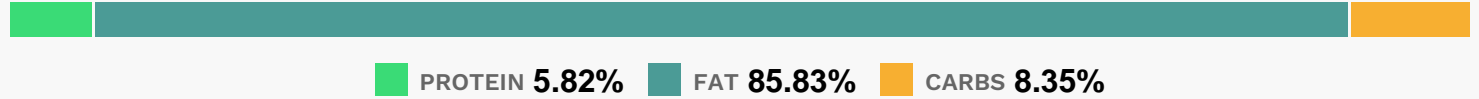
- 1 ounce brandy
- 1 ounce cacao nibs dark
- 2 ounces cup heavy whipping cream
- 1 serving ice cubes
- 1 serving grating nutmeg whole for garnish

Equipment

Directions

In a pint-size glass, combine brandy, Cacao, heavy cream, and ice cubes. Top with a cocktail shaker, and shake until chilled. Strain mixture into a martini or stemmed cocktail glass. Grate nutmeg over top of drink.

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:3.8882608737635%

Nutrients (% of daily need)

Calories: 432.62kcal (21.63%), Fat: 35.45g (54.55%), Saturated Fat: 23.26g (145.34%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 3.54g (1.29%), Sugar: 2.51g (2.79%), Cholesterol: 64.07mg (21.36%), Sodium: 18.74mg (0.81%), Alcohol: 9.47g (100%), Alcohol %: 7% (100%), Protein: 5.41g (10.82%), Fiber: 4.21g (16.86%), Vitamin A: 835.52IU (16.71%), Magnesium: 45.33mg (11.33%), Vitamin B2: 0.11mg (6.4%), Vitamin D: 0.91µg (6.05%), Calcium: 42.78mg (4.28%), Phosphorus: 38.28mg (3.83%), Vitamin E: 0.52mg (3.48%), Manganese: 0.06mg (3.18%), Selenium: 1.73µg (2.48%), Copper: 0.04mg (2.08%), Potassium: 61.43mg (1.76%), Vitamin K: 1.81µg (1.73%), Vitamin B12: 0.09µg (1.51%), Vitamin B5: 0.14mg (1.45%), Vitamin B1: 0.02mg (1.33%), Zinc: 0.2mg (1.31%), Vitamin B6: 0.02mg (1.17%)