

Brandy Alexander

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



239 kcal

BEVERAGE

DRINK

Ingredients

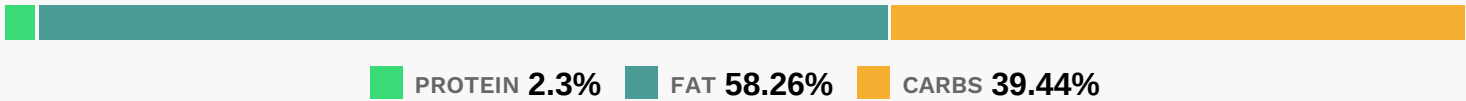
- ☐ 2 ounces brandy
- ☐ 0.5 ounce creme de cacao liqueur dark
- ☐ 0.5 ounce cup heavy whipping cream
- ☐ 1 serving grating nutmeg whole

Equipment

Directions

Combine brandy, crème de cacao, and heavy cream in a mixing glass with ice and shake vigorously. Strain into a 6-ounce cocktail glass and grate nutmeg over top, to taste.

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:1.0843478292227%

Nutrients (% of daily need)

Calories: 238.86kcal (11.94%), Fat: 5.84g (8.99%), Saturated Fat: 3.78g (23.62%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 8.48g (3.09%), Sugar: 5.02g (5.58%), Cholesterol: 16.02mg (5.34%), Sodium: 4.71mg (0.2%), Alcohol: 21.63g (100%), Alcohol %: 31.49% (100%), Protein: 0.52g (1.04%), Vitamin A: 210.41IU (4.21%), Manganese: 0.07mg (3.42%), Vitamin B2: 0.03mg (1.77%), Copper: 0.03mg (1.7%), Fiber: 0.42g (1.66%), Vitamin D: 0.23µg (1.51%), Phosphorus: 14.75mg (1.47%), Calcium: 13.04mg (1.3%), Magnesium: 4.65mg (1.16%)