



Bushmills Irish Coffee



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



140 kcal

BEVERAGE

DRINK

Ingredients

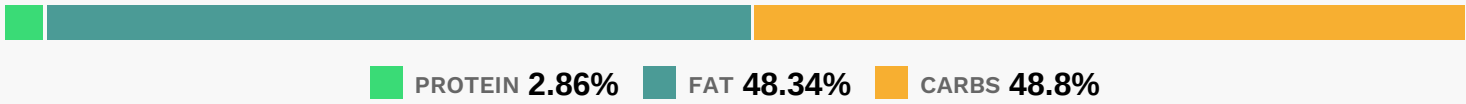
- ☐ 3 ounces hot-brewed coffee hot
- ☐ 1 teaspoon heavy cream
- ☐ 1 teaspoon sugar
- ☐ 1.5 ounces bushmills original irish whiskey

Equipment

Directions

- ☐
- Pour coffee into a warmed Irish coffee glass mug.
- ☐
- Add sugar to taste, stir to dissolve.
- ☐
- Add Bushmills Original Irish
- ☐
- Whiskey.Top with slightly whipped cream, poured gently over the back of a spoon.

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:2.8, Inflammation Score:-2, Nutrition Score:0.76304348234249%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Myricetin: 0.04mg,
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin:
0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 139.56kcal (6.98%), Fat: 1.83g (2.82%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 4.17g (1.39%), Net
Carbohydrates: 4.17g (1.52%), Sugar: 4.18g (4.65%), Cholesterol: 5.65mg (1.88%), Sodium: 3.09mg (0.13%), Alcohol:
15.31g (100%), Alcohol %: 14.21% (100%), Caffeine: 34.02mg (11.34%), Protein: 0.24g (0.49%), Vitamin B2: 0.08mg
(4.42%), Vitamin B5: 0.23mg (2.29%), Vitamin A: 73.5IU (1.47%), Potassium: 46.93mg (1.34%), Manganese: 0.02mg
(1.16%), Vitamin B1: 0.02mg (1.09%)