



Candy Cane Martini



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



397 kcal

BEVERAGE

DRINK

Ingredients

- 1 small candy canes
- 0.5 fluid ounce grenadine syrup
- 2 fluid ounces peppermint schnapps
- 3 fluid ounces rum

Equipment

Directions

- Pour the rum, schnapps, and grenadine into a cocktail shaker over ice. Cover, and shake until the outside of the shaker has frosted. Strain into a chilled martini glass, and garnish with the candy cane to serve.

Nutrition Facts

■ PROTEIN 0% ■ FAT 0% ■ CARBS 100%

Properties

Glycemic Index:115, Glycemic Load:9.89, Inflammation Score:-4, Nutrition Score:0.18347826227546%

Nutrients (% of daily need)

Calories: 396.53kcal (19.83%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 23.85g (7.95%), Net Carbohydrates: 23.85g (8.67%), Sugar: 20.6g (22.89%), Cholesterol: 0mg (0%), Sodium: 4.88mg (0.21%), Alcohol: 29.63g (100%), Alcohol %: 21.26% (100%), Protein: 0g (0%), Copper: 0.02mg (1.12%)