



Caribbean Thunder



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

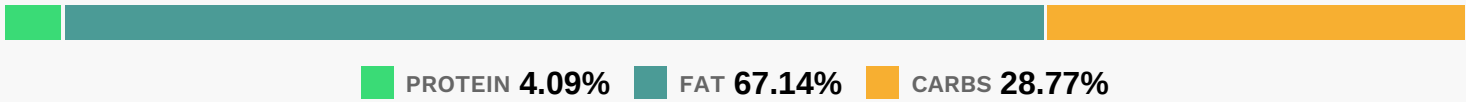
- ☐ 4 servings allspice (to sprinkle lightly on top)
- ☐ 8 tablespoons full fat coconut cream
- ☐ 8 teaspoons little demerara sugar to taste (or)
- ☐ 8 tablespoons jamaican rum for me (use more if you like, this amount works)
- ☐ 4 cups strong jamaican mountain coffee blue brewed
- ☐ 4 servings whipped cream

Equipment

Directions

- ☐
- Brew the coffee and chill if making iced coffee.2 Divide ingredients (sugar through coconut cream) into each glass and mix well.3 When mixed add the coffee (include ice if serving cold).4
- ☐
- Garnish with whipped cream and a small pinch of allspice.5 Enjoy.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:0.49, Inflammation Score:-2, Nutrition Score:4.0265217099501%

Flavonoids

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg
Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg
Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg
Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 220.64kcal (11.03%), Fat: 11.87g (18.26%), Saturated Fat: 10.09g (63.04%), Carbohydrates: 11.45g (3.82%),
Net Carbohydrates: 10.57g (3.84%), Sugar: 8.42g (9.35%), Cholesterol: 4.56mg (1.52%), Sodium: 7.73mg (0.34%),
Alcohol: 10.02g (100%), Alcohol %: 4.07% (100%), Caffeine: 94.8mg (31.6%), Protein: 1.63g (3.25%), Manganese:
0.48mg (24.21%), Vitamin B2: 0.19mg (10.93%), Vitamin B5: 0.7mg (6.99%), Potassium: 235.81mg (6.74%), Copper:
0.13mg (6.56%), Phosphorus: 51.46mg (5.15%), Iron: 0.82mg (4.57%), Magnesium: 17.68mg (4.42%), Vitamin B3:
0.76mg (3.78%), Fiber: 0.88g (3.5%), Vitamin B1: 0.05mg (3.15%), Folate: 12.18µg (3.05%), Zinc: 0.38mg (2.55%),
Calcium: 21.67mg (2.17%), Vitamin C: 1.23mg (1.49%), Vitamin B6: 0.02mg (1.07%)