



Chocolate Coconut Cocktails

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



251 kcal

BEVERAGE

DRINK

Ingredients

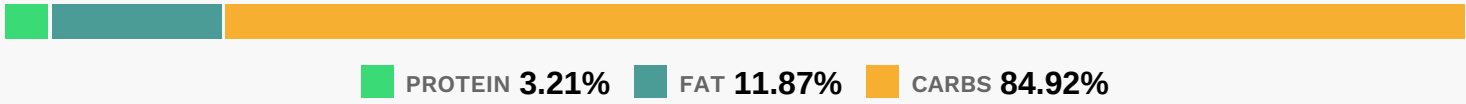
- ☐ 1 serving water
- ☐ 0.5 cup mint
- ☐ 0.5 cup ice crushed
- ☐ 6 oz yogurt
- ☐ 0.3 cup pear liqueur
- ☐ 0.3 cup frangelico
- ☐ 0.3 cup creme de cacao liqueur

Equipment

Directions

- ☐ Dip rims of 4 martini glasses with water; dip rims into chocolate sprinkles. Set aside.
- ☐ Add remaining ingredients to martini shaker; shake or stir.
- ☐ Pour into martini glasses.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:1.2547825921489%

Nutrients (% of daily need)

Calories: 251.48kcal (12.57%), Fat: 2.42g (3.73%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 38.98g (12.99%), Net Carbohydrates: 38.98g (14.17%), Sugar: 33.47g (37.19%), Cholesterol: 5.53mg (1.84%), Sodium: 24mg (1.04%), Alcohol: 11.7g (100%), Alcohol %: 7.04% (100%), Protein: 1.48g (2.95%), Calcium: 54.12mg (5.41%), Phosphorus: 40.4mg (4.04%), Vitamin B2: 0.06mg (3.55%), Vitamin B12: 0.16µg (2.62%), Potassium: 65.91mg (1.88%), Zinc: 0.26mg (1.73%), Vitamin B5: 0.17mg (1.65%), Magnesium: 5.99mg (1.5%), Selenium: 0.94µg (1.34%)