

## Chocolate Coconut Martinis



Gluten Free

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READY IN

ready

10 min.

SERVINGS

servings

2

CALORIES

calories

148 kcal

BEVERAGE

DRINK

## Ingredients

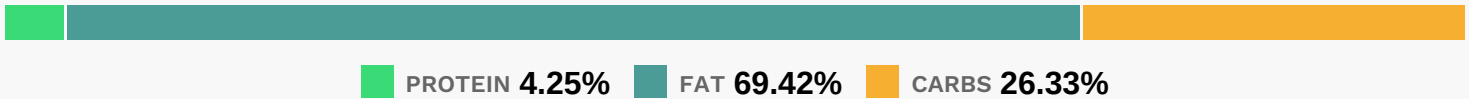
- ☐ 2 servings coconut or shredded for serving, optional
- ☐ 2 servings chocolate dark shaved for serving, optional
- ☐ 2 tablespoons non-dairy whipped topping fat-free (in an aerosol can)
- ☐ 1 packet calorie cocoa mix hot
- ☐ 2 ounces calorie-free coconut-flavored syrup sugar-free (recommended: Torani)
- ☐ 3 ounces vodka

## Equipment

# Directions

- ☐ In a glass, combine cocoa mix with 2 ounces hot water and stir to dissolve.
- ☐ Add 2 ounces cold water, as well as the syrup, vodka, and whipped topping. Stir until smooth.
- ☐ Transfer mixture to a shaker filled with ice. Shake and then strain and divide between 2 martini glasses.
- ☐ Garnish with coconut and chocolate, if using. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:24, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:1.4617391374448%

## Nutrients (% of daily need)

Calories: 148.32kcal (7.42%), Fat: 4.08g (6.27%), Saturated Fat: 3.39g (21.21%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 2.43g (0.88%), Sugar: 1.88g (2.09%), Cholesterol: 0.75mg (0.25%), Sodium: 10.12mg (0.44%), Alcohol: 14.2g (100%), Alcohol %: 20.72% (100%), Protein: 0.56g (1.12%), Manganese: 0.17mg (8.47%), Fiber: 1.05g (4.19%), Copper: 0.07mg (3.31%), Iron: 0.38mg (2.09%), Vitamin B2: 0.03mg (1.98%), Phosphorus: 19.57mg (1.96%), Selenium: 1.21µg (1.73%), Magnesium: 5.84mg (1.46%), Potassium: 48.04mg (1.37%), Vitamin B12: 0.07µg (1.16%), Zinc: 0.16mg (1.05%), Vitamin B1: 0.02mg (1.05%)